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The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 53 No. 23 **Thursday, February 18, 2021** **$1.50**

QUINCY HIGH SCHOOL senior Bella DelPrete was among the Culinary Art students who provided nutritious meals Feb. 5 to 50 guests at Father Bill's & MainSpring (FBMS) Homeless Shelter. In the back ground is Mark Kelly, one of the culinary arts instructors at Quincy High School. Story, more photos on Page 6. *Photo Courtesy Quincy School ~ Community Partnership*

More Students Moving To Full In-Person Learning

By SCOTT JACKSON

Twelfth graders at the city's two high schools currently enrolled in a hybrid learning model will transition to full in-person classes next month and fourth and fifth graders could soon follow.

Members of the School Committee also want administrators to present options to bring additional students back for full in-person learning.

Supt. Kevin Mulvey on Feb. 10 told the committee that high school seniors currently participating in a hybrid model would transition to full in-person learning on March 1. Fourth and fifth graders could make the same transition as soon as March 22, he later added.

Mulvey's announcement on Feb. 10 came two weeks after he said students in grades one through three already enrolled in a hybrid learning model would move to full in-person learning starting on Feb. 22, when classes resume following this week's recess.

Mulvey credited the high school principals – Robert Shaw at North Quincy and Lawrence Taglieri at Quincy – for putting together the plan that will allow twelfth graders in the hybrid program to transition to full in-person classes.

"We can safely bring back our seniors so that they can complete their final year with the Quincy Public Schools full in-person five days a week, which is great news. I do have to

Cont'd On Page 14

City To Post Job Openings Online

By SCOTT JACKSON

Municipal job openings will soon be posted on the city of Quincy's website.

City councillors recently approved an ordinance requiring municipal jobs be posted online for a minimum of 10 days. Mayor Thomas Koch will sign the measure into law, his chief of staff, Chris Walker, told The Sun.

Councillors Anne Mahoney and Brian Palmucci originally introduced the ordinance requiring job postings to be posted on the city's website in February 2020. The council's ordinance committee, which Mahoney chairs, approved the item on Feb. 8 and the full council gave its approval later that evening in a unanimous vote.

Mahoney said Quincy was the only one of the 10 most populous communities in Massachusetts that does not post job openings online.

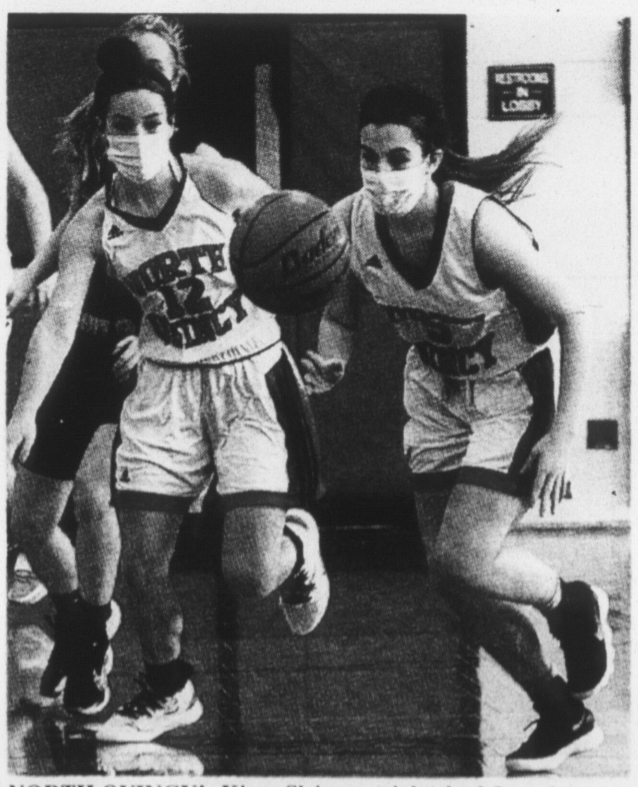
"Quincy is one of the largest cities that is not right now currently advertising any of our open jobs or opportunities…we are missing out on some great opportunities for great qualified people," she said.

"I'd like to see Quincy come up to speed on that."

Posting jobs online could also help the city diversify its workforce, Mahoney added, "so our government can look like the community that we are here to serve."

Palmucci said many Quincy residents have been impacted by the pandemic and are now looking for jobs – either because they lost their old job or because they want to work closer to

Cont'd On Page 4



NORTH QUINCY's Kiera Sleiman (right) had 8 steals versus Marshfield but the Raiders bowed to the Rams in the second round of the Patriot League Cup last Saturday. Teammate Fallon Hobin (left) have five steals. More coverage begins Page 15. *Quincy Sun Photo/Robert Bosworth*

Pooled COVID Testing For Grades 1-3

By SCOTT JACKSON

Students in first to third grade who attend full in-person classes, along with their teachers and staff, will be eligible to participate in pooled coronavirus tests.

Students in those grades currently enrolled in a hybrid learning model will transition to full in-person learning Feb. 22 when they return from this week's February vacation. The pooled testing program is set to begin next week as well.

School administrators provided an overview of the pooled testing program at the Feb. 10 meeting of the School Committee.

Erin Perkins, the district's assistant superintendent, said participation in the initiative is strongly encouraged but not mandatory.

"Participation in the return to full in-person learning is not dependent on a students' participation in the pool testing, so it is not mandatory. We strongly encourage it," Perkins said.

"In our effort to bring more students back for in-person learning, we feel that this is really valuable data for us to have as a school district to ensure our staff and our students at our schools are safe."

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How Quincy Honored A U.S. Navy Hero - *Page 32*

More Quincy news:
The Quincy Sun.com

$120 Million Sought For New Public Safety HQ

By SCOTT JACKSON

The City Council could consider a request to borrow $120 million to pay for a new public safety headquarters and related infrastructure improvements as soon as March 1.

Mayor Thomas Koch introduced a request to borrow those funds during the council's meeting on Feb. 8. The item was referred to the council's finance committee for deliberation at a future date.

Ward 1 Councillor David McCarthy, the chairman of the finance committee, said he hopes to hold a committee meeting on the proposal next month.

"I want to try to pull it out as quick as possible," he said in a phone interview, noting city officials are keen to get the project started.

McCarthy said the committee would review the plans for the building on either March 1 or March 15, depending on when the administration would be ready to make its presentation on the proposal.

While the price tag for the project might jump out at some people, McCarthy said it is proportional to what smaller communities have paid for similar facilities when accounting for the size of Quincy and its police department.

"I think it is well worth it," he said. "It will have all the bells and whistles the police need."

ARTIST RENDERING OF the proposed $120 million public safety headquarters that would be built on the current site of the Quincy Police Station. The new headquarters would house the Quincy Police Department, Emergency Management Department and the administrative offices for the Quincy Fire Department.

Rendering Courtesy City of Quincy

The current police station at 1 Sea St. was built in 1925 and renovated in the 1980s. Officials have identified a number of issues with the building, including the fact it is not compliant with the Americans with Disabilities Act, has an HVAC system that cannot properly heat or cool the building, and has a leaking roof, among other concerns.

"It's just not a good place at all and it hasn't been for a number of years," McCarthy said.

The project will also include infrastructure improvements in the surrounding streets meant to benefit drivers and pedestrians alike.

"It will be good for the entire area when it is all said and done," McCarthy said.

Koch has proposed constructing the new public safety headquarters on the same site where the police station is now located. In addition to housing the Quincy Police Department, the Emergency Management Department would move there as would the administrative offices for the Quincy Fire Department.

In a press release, the mayor said the new building would feature a 600-kilowat solar energy system and a parking garage that could eventually accommodate a fully electric police vehicle fleet. The 267-space garage would include 30 charging stations initially, with infrastructure to add up to 200 more charging stations in the future.

Koch said the design is "aimed at making it the most energy-efficient possible for a building that is required to operate 24 hours a day."

"This is a facility that looks to the future, and the team spent a great amount of time and energy developing designs that provide appropriate resources for our first responders but importantly also in a way that maximizes sustainability," he said.

The building itself is projected to cost $90 million to construct, Koch said. Another $10 million would be spent on pedestrian and transportation system improvements to Sea Street, Southern Artery, Broad Street and Field Street, which the mayor described as "one of the busiest and poorest-functioning [areas] anywhere in the city, particularly for pedestrians."

"This corridor is one of the busiest gateways to our community, and now is the time to make these vital improvements to make the area move better and safer," he stated.

The remaining $20 million in funding includes money to equip the building and for contingencies.

The City Council in 2019 approved a $32 million bond to acquire five parcels of land – four in the vicinity of the police station and the fifth on Quincy Avenue, where a new fire station would be built to house the

Cont'd On Page 32

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Preventing Falls, Stress Management For Aging Adults Feb. 23

Join Debbie Lyn Toomey, RN, coordinator of the Tufts Medical Center's Injury Prevention Program, for an online program focusing on fall prevention and stress management for the aging adult.

The online program will be held Tuesday, Feb. 23 at 10 a.m. Guest will be Tom Clasby, director of the City of Quincy Elder Services Department. This online program will be held at 10 a.m. Tuesday, Feb. 23.

The program teaches and empowers aging adults and those who care for them with skills and ideas that decrease falls and increase independence. This evidence-informed program will discuss practical and proven exercises that promote health and well-being.

Join on Zoom (meeting ID: 874 7134 0892). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Thomas Crane Public Library's YouTube channel and on its Facebook page.

FEB 18 2021

Nomination Papers For City Election Available May 4

By SCOTT JACKSON

Residents who want to run for municipal office this year can begin taking out nomination papers on May 4.

All nine seats on the City Council will be on the ballot this fall along with the three of the six School Committee seats; the school board seats up for grabs include those held by Emily Lebo and Douglas Gutro as well as the vacant seat that was to be filled at a joint convention Tuesday evening.

The City Council unanimously approved the schedule for the fall election, as proposed by City Clerk Nicole Crispo, on Feb. 8. Crispo, in drafting the schedule, anticipated residents would be allowed to vote by mail in this year's election cycle as they were during last year's presidential election.

Residents can begin pull-

Cont'd On Page 11

IT WAS ONLY A DRILL – Quincy Fire Department conducts ice rescue training at Sailors Home Pond in the Beechwood Knoll section of Quincy on a recent chilly morning. *Photo Courtesy John Fagerlund*

State Announces New COVID-19 Variant Cases

The Massachusetts Department of Public Health announced Monday 19 additional cases of the B.1.1.7 COVID-19 variant.

Testing completed at the State Public Health Laboratory has identified 19 infections of the B.1.1.7 variant, originally identified in the United Kingdom (UK), bringing the total number of cases known to be infected with this variant of the virus to 29 in the Commonwealth. The first case in the United States was identified in late December 2020 and in Massachusetts on Jan. 17.

Four of those 29 cases have evidence of recent travel, suggesting that the majority of cases identified in Massachusetts are community-acquired.

Cases have ranged in age from 4 years to almost 70; they include 13 females and 16 males. There have been 17 cases in Worcester County, one in Hampden County, 2 in Middlesex County, 6 in Norfolk County, 2 in Plymouth County, and 1 in Suffolk County.

The B.1.1.7 variant is known to spread more easily and has caused a rapid surge of cases in the UK, several other countries, and in parts of California and Florida. Two other variants of concern are the B.1.351 originally found in South Africa, and the P.1 variant, which originated in Brazil. Currently, there are no confirmed cases of those two variants in Massachusetts.

The best defense against a rapid rise in cases from variants of concern is to prevent the spread of COVID.

New information from CDC shows that improving the fit and filtration of masks helps reduce the spread of the virus. Mask fit can be improved by using a mask with a nose wire and by using a mask fitter or by knotting the ear loops and tucking the sides. Mask filtration is improved by using multiple layers. Learn more about how to use masks to protect yourself and others at Improve the Fit and Filtration of Your Mask to Reduce the Spread of COVID-19 | CDC.gov

Other critical public health measures to help prevent the spread of COVID include social distancing (staying 6 feet away from others), avoiding groups, staying home when you are sick, getting tested if you have symptoms or are identified as a close contact of someone with COVID, and getting vaccinated when it is your turn.

Learn more about variants of concern at New Variants of the Virus that Causes COVID-19 | CDC and track their presence in both Massachusetts and the US at US COVID-19 Cases Caused by Variants | CDC.

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City To Post Job Openings Online

Cont'd From Page 1

would provide those residents with additional opportunities they might now have been aware of.

"I don't see any downside to posting jobs like this in an open, transparent way," Palmucci said.

Ward 5 Councillor Charles Phelan Jr. said he supported posting the jobs online but noted many of them are union or Civil Service positions, such as those within the Quincy Police and Fire Departments and the Department of Public Works.

"I do support the idea of posting these positions," Phelan said. "I think anything that opens government is good, but I think we also have to realize that some of these positions are not going to be posted."

Mahoney said union or Civil Service positions could be posted online even if residents would not be eligible for those jobs.

"The general public might not be able to apply, but they can see what positions are there," she said, adding that other communities of Quincy's size do that.

Councillors did make one change to the proposed ordinance before passing it. As written, the ordinance would have required jobs to be posted for a minimum of 30 days before they could be filled. Mahoney agreed to change that to 10 days after Palmucci raised concerns that a 30-day rule would slow down the process of hiring a new health commissioner.

Quincy's website, quincyma.gov, currently has a page for employment information under the Human Resources Department's page. The page states that most jobs are union positions and are first advertised internally. The page also includes an employment application that would-be employees can fill out and return to the city; it states outside candidates who do submit applications would be considered for an opening if no qualified candidates are available within the union.

The city's employment information page also includes information on the state's Civil Service system.

The school system's website, quincypublicschools.com, includes information on job openings. Employment opportunities are likewise posted on the website for the municipally owned Quincy College, quincycollege.edu.

Pooled COVID Testing For Grades 1-3

Cont'd From Page 1

Some 180 students in grades one through three are currently enrolled in the pooled testing program, out of the 1,150 students who are eligible. Perkins was optimistic the number of students participating would increase as the program continues, based on experiences other districts have had with pooled testing initiatives.

"We will continue to do outreach because obviously we want as many students as possible to participate, because then we have some really good data. We do anticipate that it might start small and then we hope it will grow," Perkins said.

Supt. Kevin Mulvey said the district began surveying staff about their participation in the program earlier on Feb. 10.

"We will see what the participation rate will be regarding our staff," he said. "We are hopeful that will be high based on discussions we have had."

The tests will be administered on a weekly basis. The tests use short nasal swabs, which Perkins said are non-invasive. First graders will need assistance administering them while students in grades two and up can self-administer with observation.

Each test takes about 20 seconds to administer, Perkins said. An entire classroom could be done in five minutes.

Once the samples are collected, the swabs can be placed together in tubes. The tests are then sent to a lab, where each swab is pooled together and tested at the same time.

If a pool's test result comes back negative, each individual in that pool is presumed to be negative for COVID-19. If a pool test result comes back positive, all the individuals in that pool would be tested using the Abbot BinaxNOW rapid antigen test to determine which person or persons is positive. Those who test positive using the rapid test would be subject to isolation and their close contacts would have to quarantine.

Perkins said where the rapid tests are administered depends on when the pooled test results are available. If the students and staff members in the pool are in school at the time, the rapid tests can be given there. If those individuals are not at school, the district would test everyone at a central location.

Between five and six individuals will be placed in each pool, Perkins said, to reduce the number of people who would be required to quarantine while the antigen tests were performed.

The state is paying for the first six weeks of the pooled tests, Mulvey said, and the district would be required to pay for any testing beyond that point.

Each pool costs $5 to test, Perkins said. The size of the pools could be expanded if necessary.

"At that point we could talk about increasing the sizes of our pools if we're seeing – which I believe we will see – really low positivity rates," she said. "The concern right now is we haven't done it before, so we want to keep those pools small because we don't want to have to unnecessarily quarantine and disrupt students' educations."

Moments in time

THE HISTORY CHANNEL

• On **March 5, 1770**, a mob of American colonists gathers at the Customs House in Boston and begins taunting the British soldiers guarding the building. The protesters, who called themselves Patriots, were protesting the occupation of their city by British troops.

• On **March 3, 1865**, President Abraham Lincoln signs a bill creating the Freedman's Bureau. The federal agency oversaw the transition of African Americans from slavery to freedom. The bureau was given power to dispense relief in the South, provide medical care and education, and redistribute "abandoned" lands to former slaves.

• On **March 2, 1904**, Theodor Geisel, better known as Dr. Seuss, the author and illustrator of such beloved children's books as "The Cat in the Hat," is born in Springfield, Massachusetts. Geisel used his middle name (which was also his mother's maiden name) as his pen name.

• On **March 4, 1918**, the first cases of the deadly Spanish flu pandemic are reported in soldiers at Fort Riley, Kansas. The virus soon traveled to Europe with U.S. soldiers heading to aid the Allies in France. The flu would eventually kill 20 million to 50 million people around the world.

• On **March 7, 1923**, The New Republic publishes Robert Frost's poem "Stopping by Woods on a Snowy Evening," which begins with the famous line "Whose woods these are, I think I know."

• On **March 1, 1966**, Venera 3, an unmanned Soviet probe launched from Kazakhstan, collides with Venus, the second planet from the sun. It was the first spacecraft to reach the surface of another planet.

• On **March 6, 2001**, Napster begins complying with a federal court order to block the transfer of copyrighted songs over its peer-to-peer network. Some 60 million users around the world had freely exchanged digital mp3 files using Napster, which folded three months later.

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Looking For Magic To Save Your Retirement? 3 Tips To Plan Realistically

Some people planning for retirement may do most of the right things in terms of saving and investing. But they don't have a crystal ball and cannot foresee exactly how much money they will need in their non-working years – or for how long.

That uncertainty is one reason why it's important to always keep the distant future in mind when planning and to consider all options that address those potential needs, says John Smallwood, president of Smallwood Wealth Management and author of "It's Your Wealth – Keep It: The Definitive Guide to Growing, Protecting, Enjoying, and Passing On Your Wealth."

"Too often, people are siloed in their view of their financial plan rather than focusing on the big picture," Smallwood says. "Sometimes, it's because they believe in a pitch that one magic product or investment is going to save their retirement.

"There is no magic wand that you can wave and save your financial plan. The 'magic' that is going to help you is to put multiple products and multiple strategies together in an integrated way that is unique to you."

Smallwood says those either starting or reevaluating a financial plan should consider these points:

• **Avoid cookie-cutter solutions**. Because every person's circumstances are different, a one-size-fits-all approach in financial planning doesn't make sense for the future retiree, Smallwood says. "Whether it's a mutual fund, insurance policy, annuity, a stock option, 401(k), or something else, the truth is that banking entirely on a single product or type of investment is setting you up for financial failure," Smallwood says. "There are always popular products being pushed, but cookie-cutter solutions don't take into account that every client has different financial pressures. Single products are often focused tightly on rate of return, but they don't look at everything that's happening in a person's life or at erosion principles, which are actually taking away more wealth than is being accumulated in many cases."

• **Know how to minimize market volatility**. Smallwood says having measurable goals and a realistic view are important to success with a financial strategy. And part of that strategy includes understanding and minimizing the impact of market volatility on your money. "One way to make a sense of it all is to know the difference between average rate of return, sequence of returns, and actual return," he says. "Average rate of return is over the life of an investment. Sequence of returns is the order in which your investments provide you with a return. Actual return is the actual amount of money gained or lost during a quarter or year compared to the initial value of an investment."

• **Don't get caught up in chasing returns**. "Financial success does not come from chasing returns or selecting a magic product or asset class," Smallwood says. "It comes from having a balanced plan, and then stress-testing that plan for weak areas to see how taxes, feeds, inflation, medical expenses, market volatility, college expenses and other variables can impact wealth potential. People who chase returns typically buy an asset class, or they buy a fund based on its past performance. If it doesn't do well, they sell it, and they buy the next hot-performing fund. That's how they fall into the trap that keeps eroding their wealth."

"To be successful with your retirement plan," Smallwood says, "you need to keep an open mind, understand your uniqueness, and not follow the crowd in terms of what are the right solutions for you."

Saint John's Wort

Traditionally, sprigs of this plant were harvested in June to honor St. John the Baptist, then hung near a painting or statue of him in the home to protect it from evil spirits. As a garden plant, it performs best in fertile soils with ample moisture, but can tolerate drier conditions once established. Saint John's Wort has long been used in healing treatments for kidney ailments, insomnia, depression, lung ailments and in wound care. *- Brenda Weaver*

MEDIEVAL WOOD CUT
Source: www.thespruce.com

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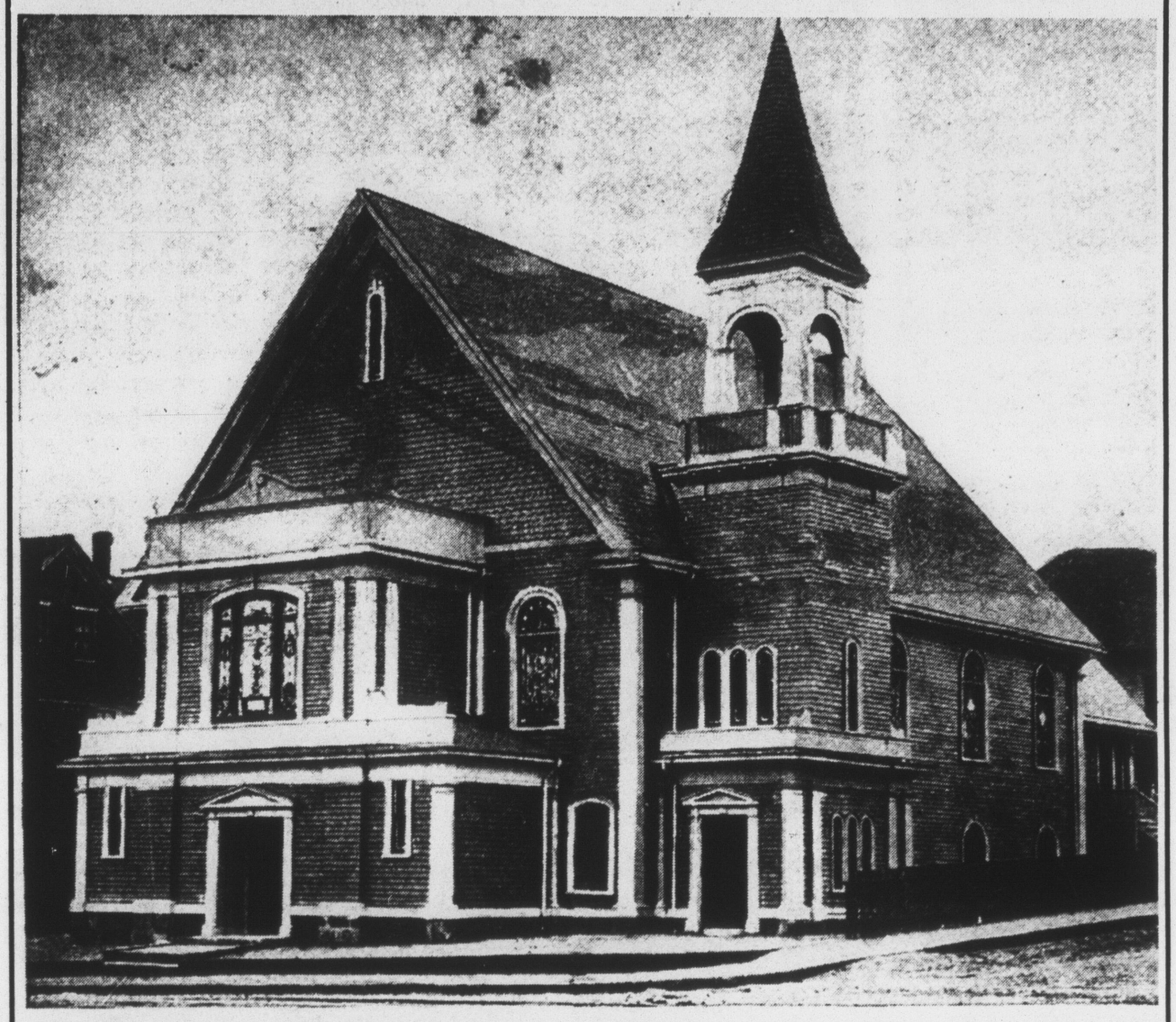
FEB 18 2021

Scenes From Yesterday



THIS IS A 1920 postcard view of the old First Presbyterian Church that was on the corner of Quincy and Water Streets in South Quincy. This church served its congregation for over 75 years until they moved to a new Georgian colonial building on Franklin Street in 1962. At that time, they changed their name to the First United Presbyterian Church. They then sold this building to the Granite Nazarene Church who used it until 1979 when they abandoned it and moved to South Weymouth. After a fire in 1982, this building was demolished. The site is now home to a multi-unit housing facility.

From the Tom Galvin Postcard Collection

7 Quincy Students On Fitchburg State Dean's List

Seven students from Quincy are on the dean's list for the fall semester at Fitchburg State University. They are:

Ryan C. Boretti, Rachel K. Capone, Noah T. Culp, Aaron M. Koepper, Abigail H. Murphy, Nicole M. Page, and Elizabeth A. Roos.

Quincy's Yesterdays

This Week
1973
48 Years Ago

City Concerned Over Nixon's Budget Cuts

Quincy received $1.8 million from the federal government in 1972, and Jeffrey Davidson, director of the Department of Planning, Programming and Development, says that he is "hopeful" that a similar sum will be forthcoming in 1973 despite budget cuts by President Nixon.

But right now everything is pretty much up in the air.

Davidson said there will be dramatic changes ahead for Quincy in obtaining federal funds as result of policy changes proposed in Washington. Quincy will, in all probability, lose projects such as the Quincy Point Improvement Program.

PROPOSE NAMING NEW SCHOOL IN MEMORY OF DR. CHARLES DJERF

The naming of the new Lincoln-Hancock School in memory of Dr. Charles Djerf loomed as a strong possibility.

"It couldn't be a more fitting memorial to a man who dedicated his life to Quincy's school children and to public service," School Committeeman Daniel G. Raymondi told The Quincy Sun.

"Dr. Djerf grew up in that area. He treated, if not delivered, many, many babies there. He served for many years with distinction as a member of the school committee. A good part of his life was devoted to helping children."

Other names suggested included former school committee member and county treasurer Raymond C. Warmington, former mayor Charles A. Ross and President John F. Kennedy.

(*Editor's note*: None of the above won the support of the school committee members. The school was named the Lincoln-Hancock Community School and dedicated in June of 1975. The school pool was named in memory of Dr. Djerf.)

QUINCY-ISMS

Quincy Patrolman **Ralph Bergonzi** received an "Outstanding Quincy Police Officer Award" from the Quincy Jaycees. Bergonzi received the award for rescuing a Germantown woman trapped in her burning fifth-floor apartment… **Ernest J. Montilio**, well-known owner of Montilio's Pastry Shop, received a citation of honor from the Brotherhood of Beth Israel Synagogue… **Lisa McElaney** of North Quincy High School, an associate member of the Quincy School Committee, recently spoke before the legislature's education committee. She testified in support of a bill that would require state schools to offer a Practical Arts course, which would offer a combination of industrial arts and home economics… **Isadore Zack** of Quincy was elected secretary of the Military Intelligence Association of New England. The group consists of former military intelligence and security personnel… **Mario Salvatore** was chairman of a committee planning a "Roaring Twenties Night." The event, sponsored by the Quincy Lodge, Sons of Italy, is scheduled for Feb. 24 at the Sons of Italy Social Center, Quarry Street… The annual St. Patrick's Day Dinner dance sponsored by St. Mary's Parish, West Quincy, was scheduled for March 17 at the church hall. **Mrs. Kevin Little** was chairman of the event and **Mrs. Joseph LaRaia**, ticket chairman… **Albert Grahn** of Quincy, noted Swedish baker, was honored at a 75th birthday party held at the Viking Club, East Braintree… Russell Edwards Beauty Salon, 27 Cottage Ave., Quincy Center, was offering "Permanents, Regular Price, $16.50 for Only $12.50"… Eight students were selected to participate at the All-New England Music Festival in Portsmouth, N.H., April 5-7. They are **Geoffrey Hennessy**, concertmaster, **Burt Bray**, clarinetist, **Jeffrey Dill**, bassist, **Evangeline Dill**, violist, and violinists **Robert Levitsky, Helen Kelly, Lynne Myett** and **George Vallatini**… **Maureen Foley**, 64 West Elm Ave., Wollaston, will attend Bridgewater State College and **Timothy O'Leary**, 247 Pine St., Wollaston, will attend the University of Massachusetts-Amherst. Both students will graduate from North Quincy High School in June… Duggan Bros., North Quincy Garage, 133 Hancock St., will hold a "Washington's Birthday Open House" from Feb. 14 thru Feb. 24. Duggan Bros. was offering a full line of 1973 Chevrolet autos and trucks… At the request of **Leo J. Kelly**, president of the Houghs Neck Community Council, **Putnam S. Borden**, executive director of the Quincy Council on Aging, will begin an out-reach program at the Houghs Neck branch of the Thomas Crane Public Library. During the hours of 1-3 p.m., Borden will be available to answer questions and explain services… "The French Connection" starring Gene Hackman and "M.A.S.H." featuring Donald Sutherland were playing at the Wollaston Theater, Beale Street, admission, $1 at all performances.

Readers Forum

The Salvation Army Is Still Here Serving

Letter to the Editor:

The year 2020 was a historically challenging and, for many people, devastating period where families and households coped with the loss of jobs, income, in some instances their homes, and in the worst cases the lives of loved ones. But together – as communities, as a Commonwealth and as nation – we did not lose hope.

The Salvation Army Massachusetts Division and our Quincy Corps are grateful for the support, compassion, volunteerism and financial assistance that our neighbors throughout the Quincy area helped provide to those most in need during the past year.

Raising funds through The Salvation Army's traditional "Red Kettle" campaign was especially difficult, and in some areas impossible during the 2020 holiday season. But people in this and other communities responded to our Rescue Christmas initiative, as we found creative alternatives for raising funds between Thanksgiving and Christmas Day that will support our programming during the entire year.

People responded. Across Massachusetts, we were able to serve more than 14.5 million meals to our neighbors in need, provide shelter, utility, and other emergency assistance to individuals and families, and make sure that thousands of children had a real Christmas with gifts, decorations and a traditional holiday meal. Statewide, The Salvation Army saw requests for assistance increase by more than 150% this year and thanks to support from our communities…we have been able to meet those needs.

But the great need is with us all year round. And so we ask that you keep those in mind who may still need help as we begin 2021 with renewed hope and optimism. Whether you need support or want support, The Salvation Army is still here serving. Thank you.

Major Marcus Jugenheimer
General Secretary
The Salvation Army Massachusetts Division

Strongly Supports Social Justice And Equity Department

To the editor:

I write to express my strong support for the creation of a Department of Social Justice and Equity in Quincy and for giving it department level status, for the reasons laid out in Mimi Balsamo's letter to the Sun on Feb. 4 and Claire Fitzmaurice's letter on Feb. 11.

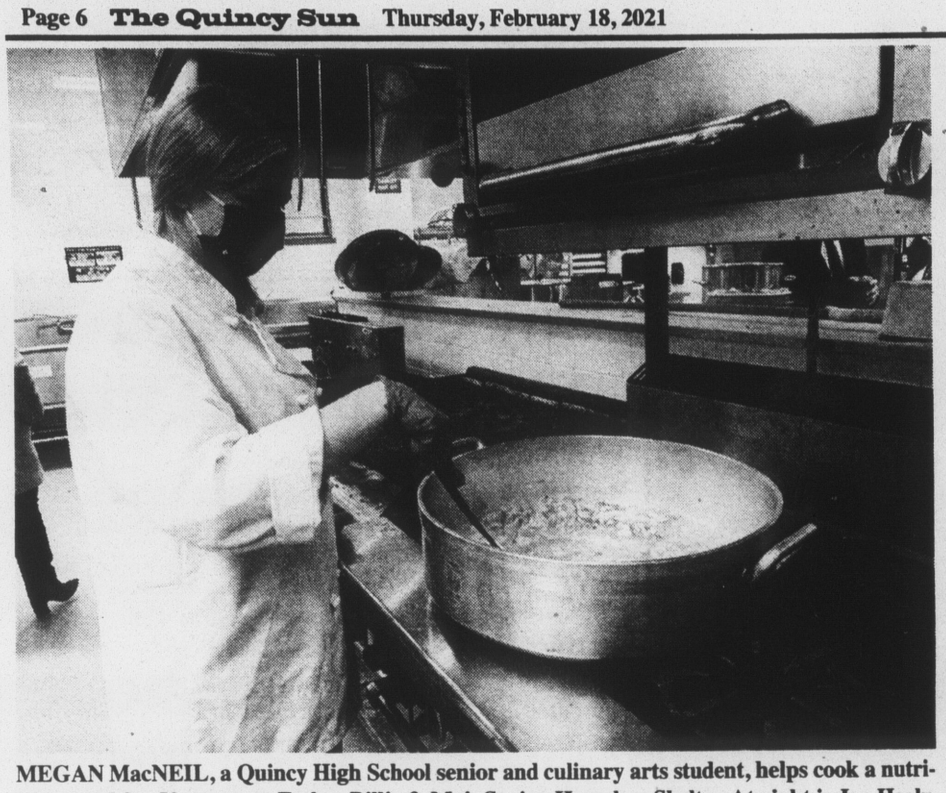
For anyone who says that social justice and equity problems can be addressed by existing departments and personnel: this kind of thinking is what got us into the mess that we're in. Racial inequity and social injustice in Quincy will never be addressed, never mind remedied, until it is somebody's job to do so, and until that person has the influence which only department level status can give.

Even Anneli Johnson, in her letter of Feb. 11 expressing opposition to the formation of this new department, admits being embarrassed by the stories that she heard at the hearing hosted by Councillor Mahoney of hateful and bigoted treatment that people of color have received in Quincy. However, she only hopes that Quincy will begin hiring more people of color.

A Department of Social Justice and Equity would be able to take much stronger measures than merely hoping that city officials will stop behaving in ways that have always worked for them before.

Quincy, let's leave the past behind. We can be so much better than this.

Susan Bill
North Quincy



MEGAN MacNEIL, a Quincy High School senior and culinary arts student, helps cook a nutritious meal for 50 guests at Father Bill's & MainSpring Homeless Shelter. At right is Joe Healy, also a Quincy High School senior and culinary arts student.

Student Chefs Serve Quincy's Community

The Quincy School ~ Community Partnership (QSCP) is once again grateful to partner with Stop & Shop Companies to continue its journey to support Quincy's first responders, non-profit organizations, senior complexes and city workers, during the COVID-19 pandemic.

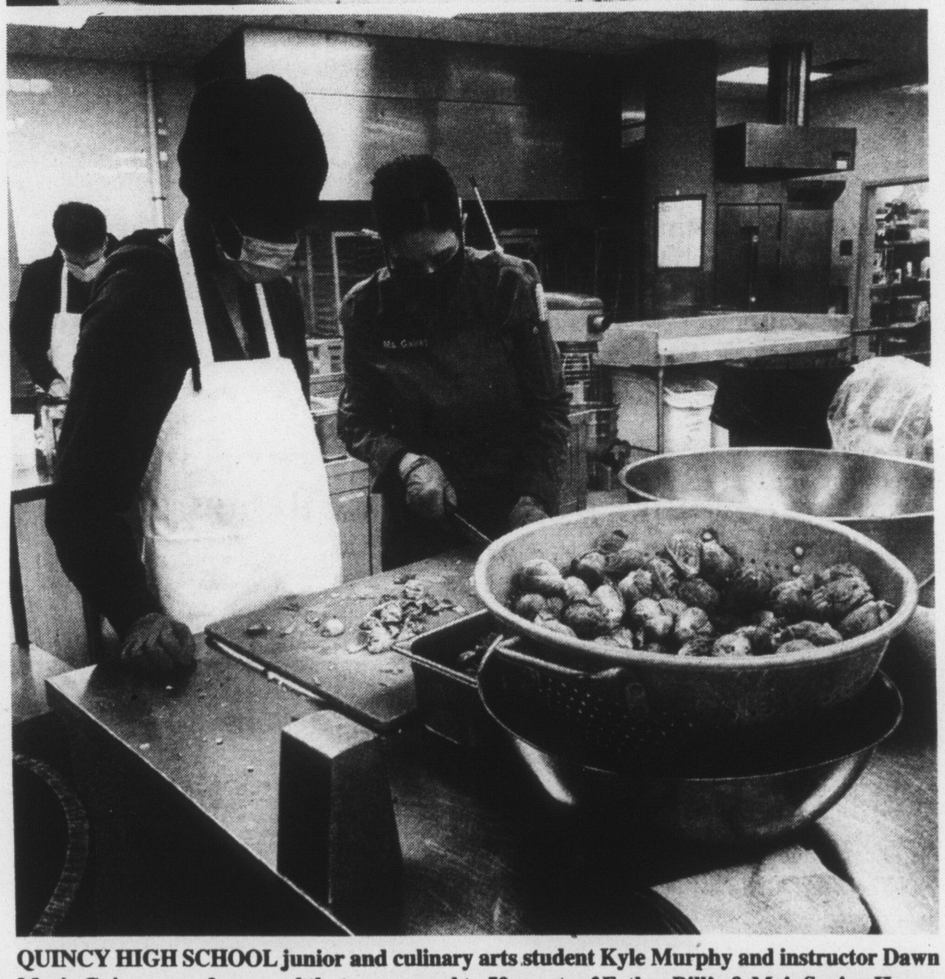
Stop & Shop, an Executive Level Sponsor of the QSCP, has generously donated $10,000 to support Quincy High School's Culinary Arts students in distributing food to local organizations.

"Stop & Shop has a longstanding history of giving back to the cities and towns we serve, with a focus on fighting hunger," said Bryan Cramond, Store Manager of the Quincy Stop & Shop on Newport Avenue. "We are happy to continue our partnership with the talented Quincy Public School's Culinary Arts students and help provide nutritious meals that benefit vital organizations like the Father Bill's & MainSpring Homeless Shelter."

On Feb. 5, dinner was enjoyed by 50 guests at Father Bill's & MainSpring (FBMS) Homeless Shelter. Dinner began with minestrone soup, followed by mixed greens salad, chicken piccata, rice pilaf, roasted brussel sprouts, freshly baked rolls, and blueberry pie for dessert. Quincy High School's Career Vocational and Technical Education Culinary Arts students designed and developed the menu, prepped and prepared all food items, and packaged the food for delivery, under the guidance of their Culinary Arts instructors, Mark Kelly, Dawn Marie Gainey and Jacqueline Niosi.

"We are very grateful to Stop & Shop and the talented chefs at Quincy High School for providing these hearty meals and desserts for our neighbors experiencing homelessness during the pandemic," said John Yazwinski, president and CEO of Father Bill's & MainSpring (FBMS). "Generous donations like these, help provide comfort and hope to our shelter guests, many of whom are elderly or immunocompromised. We are blessed to be part of such a compassionate community here in Quincy. For years, Quincy Public Schools Culinary Arts Program has supported FBMS' Thanksgiving program, roasting 60 turkeys as well as baking pies for the agency's annual Community Dinner at Christ Episcopal Church. FBMS has relied upon donations from caring businesses like Stop & Shop, and dedicated volunteers like Quincy High School's chefs, to continue feeding shelter guests during the pandemic."

"We are thrilled that this exciting collaboration with Stop & Shop has allowed our students to continue to obtain the technical skills and knowledge necessary to be successful in the Culinary industry, and provides them the opportunity to give back to the community. We are grateful for the partnership between the Quincy School ~ Community Partnership and Stop & Shop," said Keith Segalla, executive director of Career Vocational and Technical Education.



QUINCY HIGH SCHOOL junior and culinary arts student Kyle Murphy and instructor Dawn Marie Gainey prep for a meal that was served to 50 guests of Father Bill's & MainSpring Homeless Shelter.

Photos Courtesy Quincy School ~ Community Partnership

Nine Quincy Students On WPI Dean's List

Nine students from Quincy are on the Dean's List for the fall semester at Worcester Polytechnic Institute.

They are:

Helga Becka, Class of 2024, majoring in biomedical engineering; Olivia Brown, Class of 2023, majoring in biomedical engineering; Terry Deng, Class of 2022, majoring in interactive media and game development (BA); Timothy Goon, Class of 2022, majoring in computer science; Caitlin Ho, Class of 2024, majoring in mathematical sciences; Brendan McClelland, Class of 2021, majoring in mechanical engineering; Cindy Trac, Class of 2023, majoring in computer science; Joe-Yee Yip, Class of 2022, majoring in civil engineering; and Howard Zheng, Class of 2022, majoring in mechanical engineering.

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AMANDA LOHNES, a Quincy High School senior and culinary arts student, helps instructor Mark Kelly as they help prepare a nutritious meal for 50 guests of Father Bill's & MainSpring Homeless Shelter Feb. 5.

FEB 18 2021

Social Security Matters

How Will My Wife's Benefits Be Affected By My State Pension?

By RUSSELL GLOOR
National Social Security Advisor
At the AMAC Foundation, the Non-Profit Arm
Of the Association of Mature American Citizens

Dear Rusty: I am 73 and receive a pension from my state's Police and Fire Pension Fund. I took a full pension, so my wife only gets a widow's pension when I die, and this is only a fraction of what my full pension is. I also get a small Social Security benefit, about $95 a month, and that amount is pro-rated because of the amount of my state pension. My wife is 71 and receives a Social Security benefit of about $600 a month. When I die, can she get a portion of my Social Security benefit? And will it increase since she will not be getting my full state pension? **Signed:** ***Retired Public Servant***

Dear Retired: The state you live in is one of 26 which have opted for many state employees to not participate in the Federal Social Security program. As a result, your Social Security benefit, earned from work outside of your state employment, is reduced by your state pension. The details of your state pension and what portion of that pension your wife will receive as your widow isn't what affects your, or your wife's Social Security benefit amount. Rather, the base amount of your current state pension is what affects your benefit, due to a rule known as the Windfall Elimination Provision (WEP).

WEP is why your Social Security (SS) benefit is only $95/month. WEP applies to your personal Social Security retirement benefit (earned from working outside of your state employment) and reduces your Social Security benefit due to your state pension, because neither you nor your state employer paid SS FICA taxes on your earnings. And since your personal SS retirement benefit is reduced by WEP, your wife's spousal benefit (not her widow's benefit) from you would also be reduced, although from the numbers you shared your wife isn't entitled to a spousal benefit.

Your wife's own SS retirement benefit from her own work record is not affected by WEP because WEP applies to your benefits only. And neither will your wife's SS survivor benefit as your widow be affected by your state pension, should you predecease her. If you die first, your wife will be eligible to collect, as her survivor benefit, 100% of the amount you were entitled to before your WEP reduction, if that amount is greater than the SS benefit she is entitled to on her own work record. And that would, again, be totally independent of whatever she receives from your State pension. In other words, your wife's Social Security benefit - her own SS benefit or her survivor benefit - will not be at all affected by your state pension.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Seven Quincy Students On Stonehill Dean's List

Seven students from Quincy are on the Dean's List for the fall semester at Stonehill College in Easton.

They are:

Lauren Critelli, Class of 2021; Bridget Durgin, Class of 2021; Dylan McGowan, Class of 2021; Michael Richardson, Class of 2024; Steven Shalvey, Class of 2023; Colleen Stravin, Class of 2021 and Kristen Thornton, Class of 2022.

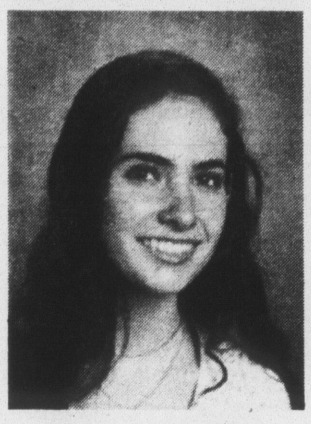
Two On Honor Roll At St. Sebastian's School

St. Sebastian's School in Needham announces two students from Quincy have been named to the second quarter and first semester honor rolls.

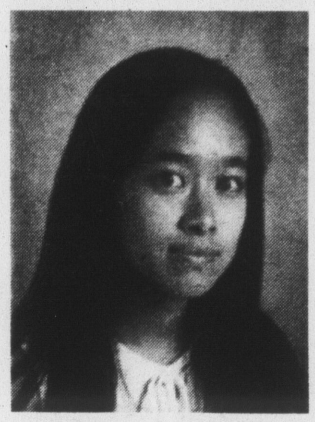
They are:

Benjamin O. Osunsanya, Grade 7, honors; and Donal J. O'Connor, Grade 8, honors.

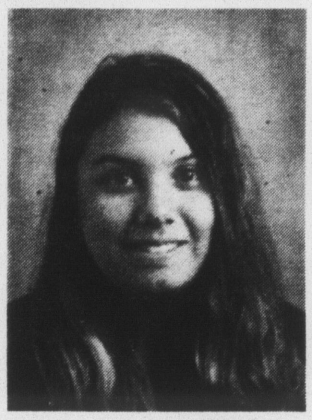
Social



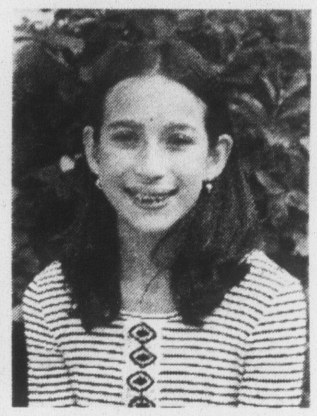
REBECCA MORRIS



CECILY ZHAO



KIARA JUAREZ ESPINAL



SONIA DIJKSTRA

Four Quincy High School Students Recognized With MMEA District, All-State Honors

Four Quincy High School music students were accepted into the Massachusetts Music Educators Eastern District Junior and Senior Festivals after spending many long hours preparing a demanding audition video for the adjudication process.

Soprano Rebecca Morris (junior) was accepted into the MMEA Remote Senior Festival Chorus.

Cecily Zhao (senior) was accepted into the MMEA Remote Senior Festival Orchestra on harp.

Kiara Juarez Espinal (junior) was accepted into the MMEA Remote Senior Festival Band on bassoon, and Sonia Dijkstra (freshman) was accepted into the MMEA Remote Junior District Festival on cello.

Additional honors go to Cecily Zhao, who was also admitted into the All-State Festival to perform with the MMEA Remote All-State Orchestra. The choir is directed by Timothy Carew and the band is directed by Michael DeMarco and Matthew Cavanaugh.

Your Big Backyard, The New Normal N.E. Road Trip

During a challenging time when most people are limiting their travel, the Thomas Crane Public Library invites you to join online at 7 p.m. Thursday, Feb. 18 on a rollicking ride around New England — all in just one hour and all from the comfort of your own home.

Author of three books about New England and longtime "Chronicle" reporter Ted Reinstein is your tour guide as you go from Maine to Rhode Island, Mt. Washington to Mt. Mansfield, and Berkshire foliage to Fenway Park. But Reinstein's 20-plus years of reporting and telling stories from all over New England means this is not your average bus tour. Prepare to meet colorful characters who've done the darndest things, learn odd facts about familiar places, and of course — this being a Ted talk — expect to visit at least a few fabulous classic diners. (Spoiler alert: Reinstein reveals where to find THE best clam chowdah in America — and it's right here in New England!) Reinstein will take questions following the talk.

Join on Zoom (meeting ID 889 9461 3078). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the library's YouTube channel and on its Facebook page.

Physical Therapist Assistant Virtual Open House At Quincy College March 2, April 1

Quincy College is offering a virtual open house for prospective students interested in applying for the physical therapist assistant program.

The two events are scheduled for March 2 from 5:30 to 7:30 p.m., and April 1 from 5:30 to 7:30 p.m.

Located on the Plymouth campus, the Physical Therapist Assistant (PTA) Program is a two-year, five-semester associate degree program. PTA graduates work under the direction and supervision of a licensed Physical Therapist. The PTA program is a combination of foundational education courses, technical education courses, and clinical experience. Graduates of the program have benefited from clinical experiences in locations throughout southeastern Massachusetts, including South Shore Hospital, Long Pond Physical Therapy, the US Department of Veteran Affairs, and several other clinical sites in Southeastern MA and Cape Cod.

During the PTA open house, prospective students will be able to meet program faculty; learn more about program requirements and financial aid; and speak to current PTA students. Dr. Kathleen Cook, PT, DPT, program chair, will serve as the host of the virtual event.

"As an educator, I am very proud to be part of this program at Quincy College. Physical therapist assistants have an enormous opportunity to work professionally in so many different sectors of healthcare, including skilled nursing facilities, hospitals, acute care, home care, and long term care," said Dr. Cook.

Students complete three clinical experiences during the program to receive training in a variety of clinical environments. These opportunities allow students to develop their technical and professional skills and prepare for the job market post-graduation. PTAs are employed by hospitals, outpatient facilities, and rehabilitation facilities and can work in areas specializing in a wide range of topics including geriatrics, pediatrics, neurology, and orthopedics.

As an added bonus, scholarships are now available through the Quincy College Trust. "We are very grateful that the Quincy College Trust is making scholarships available to highly talented applicants," said Dr. Richard DeCristofaro, Quincy College President. "We understand that the need for healthcare professionals is increasing. We are committed to doing our part by providing a quality Physical Therapist Assistant program."

The Fall 2021 PTA program application is now open; the application deadline is May 1, 2021.

For more information about the Quincy College Physical Therapist Assistant (PTA) Program, and to register, visit the PTA website at http://www.quincycollege.edu/pta. You may also contact Judy Benson at jbenson@quincycollege.edu for more information.

Three Quincy Students On Dean's List At Holy Cross

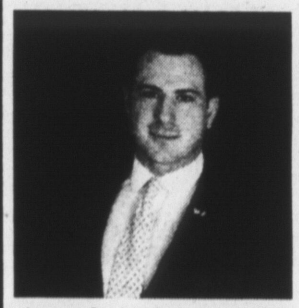
Three students from Quincy have been named to the Dean's List for the fall semester at the College of the Holy Cross in Worcester.

They are:

Aidan Largey, a member of the Class of 2021, majoring in classics.

Evo Fearnley, a member of the Class of 2021, majoring in computer science.

Andy Trebicka, a member of the Class of 2022, majoring in computer science.



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City Council Honors SS YMCA 'COVID-19' Hero

The Quincy City Council honored the South Shore YMCA and its SSYMCA Germantown Neighborhood Center as "COVID-19 Heroes" for serving the community during the pandemic through the Y's food pantry and temporary homeless shelter.

Nominated by Ward 1 Councillor, David McCarthy, the council recognized the South Shore YMCA for "going above and beyond the call of duty" to feed residents at the SSYMCA Germantown Neighborhood Center Food Pantry.

LINES AT THE South Shore YMCA Germantown Neighborhood Center Food Pantry quadrupled during COVID-19. *Photos Courtesy South Shore YMCA*

WARD 1 COUNCILLOR David McCarthy and Quincy YMCA Senior Executive Director Patrick Murphy delivering meals to Quincy senior housing.

"I have been involved with the Y's Germantown Neighborhood Center for years," said McCarthy, who supported the Y's COVID-19 efforts by delivering donated meals to isolated seniors in local housing in 2020. "Even before the pandemic, the folks down there would step up, take charge and proactively get involved in any type of crisis.

When the pandemic hit, I watched them transform. Everyone from the Y was there, allhands-on-deck, serving over 500,000 pounds of food and 53,000 meals to children, families and individuals who found themselves out of work and in trouble."

Councillor Noel DiBona, who assisted the Y's food pantry throughout the year, bringing Easter baskets, food and other donated supplies to help local residents, thanked the Y for their commitment to feeding the community. "The partnership with the South Shore YMCA Germantown Neighborhood Center has been a great asset to the city. I visited the food pantry a few times this year, and they've never seen lines like this before. There is such a huge need. I want to thank all the South Shore YMCA Germantown Neighborhood Center staff and everybody at the YMCA for everything you've done."

South Shore YMCA President and CEO Paul Gorman joined the Feb. 8 Quincy City Council meeting along with members of the Y's leadership team to accept the honor. Gorman shared that the food pantry at the SSYMCA Germantown Neighborhood Center has seen its usage quadruple during the pandemic. As the need continues to grow, Gorman said the Y has been able to sustain its food pantry service thanks to its donors, partners such as the Greater Boston Food Bank, Trader Joe's, Fresh Market and area supermarkets, and the dedicated Y staff who run the operation.

"When the pandemic hit, the South Shore Y was forced to close down our regular operations for about four months and had to furlough almost 900 people," said Gorman. "There were about 55 of us left on staff, and all 55 were involved in Germantown at that time. I'm so proud of our staff who dropped everything and saw the need. All of us pivoted from our regular jobs to be there and serve."

City Council President Nina Liang recognized South Shore YMCA Community Outreach Director, Phil Gay, and his team at the Germantown Neighborhood Center for their "exceptional" work in local youth programming during the pandemic and beyond.

"It is such an incredible resource to that neighborhood and to the city," said Liang. "It is such a huge family over there at the Y, and I'm just so grateful to all of you for your continued efforts and continuing these services here in the city." Liang, who grew up in the Germantown neighborhood, was instrumental in connecting the Y with donors to provide face masks for the Y staff during the early months of the pandemic.

Councillor Anne Mahoney added, "When it comes to the YMCA and the team spirit that you have with the city, it's never gone unnoticed. But with the pandemic, there is a huge need. It was really a herculean experience. These things don't just happen, they happen with a lot of coordination, a lot of effort, and a lot of minds at the table that are trying to make things better for the people in the City of Quincy, and keep them safe. Thank you very much for all that you continue to do for our community."

The Y was also praised for transforming the Quincy YMCA branch to serve as a 24/7 temporary homeless shelter, in partnership with Father Bill's & Mainspring, protecting vulnerable older adults facing homelessness and preventing community spread of COVID-19 during the early stages of the pandemic.

"I would be remiss if on the Mayor's behalf I didn't publicly thank Paul Gorman and the whole team from the South Shore Y for what it did in setting up the satellite shelter," said Chris Walker, Mayor Thomas Koch's chief of staff and the mayor's liaison to the City Council. "It cannot be underestimated how important that effort was in helping our residents through the pandemic. When this all broke early in the spring as the pandemic was taking hold, it was literally one phone call from Mayor Koch to Mr. Gorman. The mayor said we have a real issue; we need to do something with this incredibly vulnerable population. There was no hesitation. The words were literally,'What do you need, and when do you need it?' and with that, we were off and running."

"Based on our conversations with some of the professionals in the field, we really put ourselves in the position to potentially save many, many lives by doing what we did together to help that population," added Walker.

"It is my pleasure and my honor to tip my hat to the South Shore YMCA Germantown Neighborhood Center," McCarthy said. "They are always there. They are always thinking of the community."

"We are very fortunate to be part of this great community of Quincy to see what they do, not only to support agencies like us to facilitate the work in the community, but for all of their residents during this time," said Gorman. "We are just very happy that we can be a part of that and help the community."

WHAT'S COOKING with Marie & Susie

By MARIE D'OLIMPIO and SUZIE FALCO

Bolognese Sauce Over Rigatoni

By MARIE

Bolognese sauce can be made several ways – however I found today's recipe a bit different because of the addition of evaporated milk. And I found out that this recipe is the one used by my grandson, John, who loves to cook.

This Bolognese turns out to be a nice, hearty, thick sauce, especially when it is poured over rigatoni – one of the family favorite pasta – and mine too!

Ingredients:

2 tablespoons olive oil
1 pound ground chicken or a mix of dark and white chicken
1 large carrot, finely chopped
1/2 onion, finely chopped
2 cloves of garlic, minced
1 tablespoon chili powder
1 teaspoon Italian seasoning
1 -6 ounce can tomato paste
½ cup water
½ cup dry white wine
½ cup evaporated milk
1 - 16 ounce can tomato sauce
Salt and pepper to taste
1 pound of Rigatoni
2 tablespoons chopped fresh parsley
Grated parmesan cheese for serving

In the hot oil sauté the ground chicken and cook breaking up the meat until the chicken is browned.

Add the carrots and onions and cook until vegetables are tender.

Stir in garlic, chili powder, Italian seasoning and stir one to two minutes.

Stir in the tomato paste and cook for a couple of minutes.

Then add white wine and simmer until white is absorbed into the meat.

Then add the evaporated milk and cook until ingredients are cooked down.

Add tomato sauce, salt pepper and one-half cup of water.

Cover and simmer and stir until sauce is thick and hearty. This takes 45 minutes to 1 hour.

Meanwhile, cook the rigatoni according to directions. Drain pasta, place in a large serving bowl.

Then toss the pasta with the sauce.

Garnish with parsley and serve with grated parmesan.

Black Bean Burgers

By SUZIE

Black beans are grown in mainly Brazil and India. They even have a special place on the Brazilian Food Pyramid as they have their own category.

Eating black beans have been linked to lowering the risk of type 2 diabetes, heart disease, and several types of cancer. Black beans help support digestive health (including lowering the risk for colon cancer) due to the IF content in the bean. IF stands for indigestible fraction which helps lower digestion to function properly.

We always think of bright color fruits and vegetables as our best sources of phytonutrients but the seed coat of the black bean it a phenomenal source as well. They are also wonderful sources of fiber, protein, and help regulate blood sugar as well, so they are highly recommended for diabetics.

There are many ways you can eat black beans. Here is a great recipe for a black bean burger. You don't have to be a vegetarian to enjoy burgers made out of beans. It's best for all of us to eat less meat, and increase vegetables and legumes. I use EDEN brand beans out of a can because they do not use the BPA lining and also add a bit of Kombu (seaweed) to help with digestion even further!

SANTA FE STYLE BLACK BEAN BURGERS

•2 (14-ounce) cans black beans, rinsed and drained, divided
•3 tablespoons mayonnaise (I use Sir Kennington brand)
•1/3 cup quick cooking oats
•2 teaspoons ground cumin
•1 teaspoon dried oregano, crumbled
•-1 teaspoon sea salt
1 clove minced garlic
Dash of pepper
•1/4 cup finely chopped cilantro
• About 3 tablespoons olive oil

Pulse 1 can beans in a food processor with mayonnaise, oats, cumin, garlic, oregano, and salt/pepper until a coarse purée forms. Transfer to a bowl and stir/mash in cilantro and remaining can beans. Make into about 4 patties. Fry in olive oil until crisp on both sides. Serve with sour cream and guacamole on a bed of lettuce with tomatoes and peppers if desired. Or on a bun with all the fixings.

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FEB 18 2021

Planning Department Honored For COVID Aid Efforts

By SCOTT JACKSON

City councillors recently recognized the Planning Department for initiatives undertaken amid the coronavirus pandemic, including programs that provided millions of dollars in relief to residents and small businesses.

"Thank you so much on behalf of all of us on the council for all the work you've done in keeping people in their homes, keeping the doors open in businesses here in the city," City Council President Nina Liang said Feb. 1.

Councillors recognized the Planning Department as "COVID-19 Heroes" that evening. During the meeting, Liang highlighted a pair of programs the department quickly launched last spring as the pandemic began to reverberate across the region.

"The city's Department of Planning and Community Development jumped into action to develop an immediate two-pronged local response to the pandemic," she said.

The first program provided rental assistance to hospitality workers whose jobs were impacted by the pandemic, which was undertaken in partnership with Quincy Community Action Programs and the Quincy Chamber of Commerce. Liang said the Planning Department assisted some 400 households between March and June of last year while QCAP provided assistance to 100 households.

The second program provided grants to eligible small businesses disrupted by the pandemic. Nearly 400 small businesses received grants totaling $2.5 million, Liang said.

In addition, she noted the Planning Department led the effort to create a program allowing restaurants to add temporary outdoor dining spaces last year. Citywide, 55 restaurants were able to add new or expanded outdoor dining areas.

"I loved taking advantage of those in warm months and…even when it started to get a little bit cold, folks were still taking advantage that," Liang said. "That was a huge benefit to sustaining the economy here."

The department, she added, has also created and maintained a list of all Quincy restaurants that shows whether they offer delivery and takeout service as well as indoor and outdoor dining. That list can be found online at quincyma.gov.

On top of those initiatives, Liang credited the Planning Department for helping city businesses secure funding through federal and state stimulus programs. More than 1,000 businesses received loans through the federal Paycheck Protection Program totaling $42 million, saving an average of five jobs per company, she said. State grants totaling $7 million have been awarded to 189 Quincy businesses as well.

"That's just a blip of what they have done during the pandemic on top of their regular duties," Liang said. "This is such an incredible effort from these folks…and it is long overdue for us to take this opportunity to say thank you so much for all you have done."

Ward 1 Councillor David McCarthy thanked the department for stepping up amid the pandemic.

"The grant money and the help that small businesses got, the digging for grants and digging for ways to come up with money, seems to happen very quickly with you folks. You do your homework and you produce," McCarthy said.

"In emergency situations, everyone steps up. No one says it's not my job. That's the great thing I think about Quincy."

Councillor Noel DiBona said the city's small businesses needed help during the pandemic.

"I think one of the biggest things is helping out the businesses going through tough times with their payroll and having to shut down for a little while," DiBona said.

"Thank you so much for that support for our businesses. They really, really needed it during tough times."

Planning Director Jim Fatseas thanked the mayor's office, other city departments and the City Council for having confidence in and supporting the Planning Department and its initiatives.

"We're very proud of the outcome. We have a great group of people working here and this is our mission. When things like this go down, we try to step up," Fatseas said.

"We're just doing what we should do, but we do it very well."

Seeing Clearly In A Masked World

By Dr. CAROLANN SPERANZO, DHS

In the past several months, wearing of face masks has become the norm and may continue to be so for many more months. This has been reported to be the simplest and best protection from the spreading of the coronavirus. However, masks often cause issues with comfort and particularly with vision.

Masks do not fit as well as everyone would like. They ride up – often rising to around the eyes. Perhaps most frustrating is that wearing masks causes moisture and condensation to accumulate causing eyeglasses to fog up. For most this is merely an annoyance; yet, when seeing eye care professionals or other clinicians, this fogging may impact reliability and results.

Many are now finding that the masks also cause eye dryness and physical discomfort. When the mask pulls slightly, this can also cause pulling and traction of the eyelids so sensitive areas of the eye may be exposed. It has been shown that proper fitting is essential for both protection and comfort. The mask needs to be snug with the top section tight and ear loops snug. Also, while cloth masks may come in fun seasonal designs, few come with the pinchable nasal piece necessary to prevent moisture from seeping into the eye area.

Some anecdotal remedies include using dishwashing liquids or shaving cream. However, these only have a temporary effect and often cause sensitivity reactions as well as damage to the eyeglass lenses. Securing tape at the top of the mask offers some help. Another alternative is wearing contact lenses. Despite some claims, eyeglasses do not afford total protection from the coronavirus. Since many readjust their eyeglasses frequently, contamination is possible.

For eyeglass wearers now adding masks, there are several products available to minimize and often eliminate the fogging. These come as lens wipes that provide a temporary thin, invisible shield to keep the lenses clear. When used daily the effect is significant. It is important to ask your Eye Care Professional for recommendations.

Since face masks seem to be the functional fashion mode for the near future, take the time to find ones that provide the best protection and the most comfort for your eyes and vision.

Dr. Carolann Speranzo is a Registered Dispensing Optician and owner of SECOND SIGHT in Quincy since 1979. She is a Fellow of the National Academy of Opticianry and the Contact Lens Society of American and is certified by the American Board of Opticianry. Speranzo is also an Adjunct Professor at MCPHS School of Healthcare Business. She can be reached at 617-773-1178 or secondsighteyewear@verizon.net

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Companions Of Older Residents Can Get COVID-19 Vaccine

By SCOTT JACKSON

Massachusetts is now allowing younger people to get their COVID-19 shots if they accompany residents over the age of 75 to certain vaccination sites.

Individuals accompanying residents ages 75 and up can now schedule their own appointment to get vaccinated on the same day at the state's mass vaccination sites, effective Feb. 11. There are presently four such sites open in the state: Fenway Park in Boston, the DoubleTree Hotel in Danvers, Gillette Stadium in Foxborough and the Eastfield Mall in Springfield.

Speaking at a press conference Feb. 10 at the Danvers location, Gov. Charlie Baker said allowing residents over the age of 75 to take companions with them will encourage people in that age group to get vaccinated.

"Some residents may be hesitant to go to a mass vaccination site alone or may have difficulty getting to a site," Baker said.

"We hope this will encourage more 75 and older residents to get their vaccines at mass vaccination sites, which have the most availability and are best suited to provide safe access for our older residents."

During the press conference, Baker was asked why the state was allowing companions to get the vaccinated rather than moving to the next step in the vaccination program, in which residents over the age of 65 and those with two or more comorbidities that put them at high-risk can get vaccinated. The governor said those over the age of 75 are "far more likely to lose their life or get hospitalized as a result of COVID," than other groups.

"We want to make sure we make it as easy as we possibly can for folks who fall into that over 75 category to get vaccinated and to get vaccinated early in this process," he said.

Baker added that many residents between the ages of 65 and 74, "have been the companion who have shown up at these sites with the people who are 75 or older," and have asked about getting the vaccines for themselves.

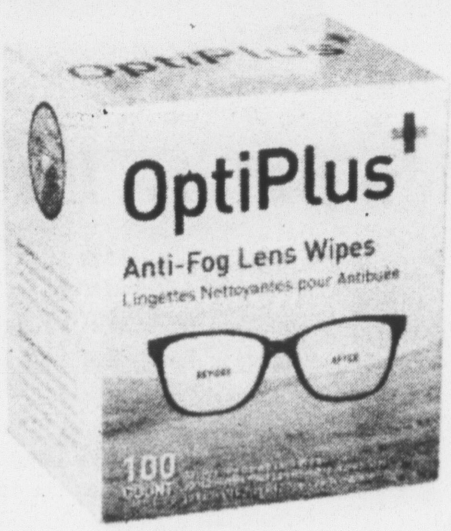
In addition, the governor said people within the senior community had suggested allowing residents over the age of 75 to take companions with them because people in that age group feel they are putting a burden on loved ones by asking for assistance getting to a mass vaccination center. Allowing that companion to get vaccinated lessens the perceived burden.

Marylou Sudders, the state's health and human services secretary, said residents in the 75-plus age group who want to take someone with them to one of the locations should reach out to a family member or friend and not agree to go with a stranger.

"Please do not accept calls offering assistance from someone you do not know or you do not trust to take you to a vaccination appointment," Sudders said. "We encourage you, as the person eligible for the vaccine, to reach out to your companion – a family member or caregiver – about accompanying you to the mass vaccination program."

To book an appointment, a companion can go online to mass.gov/covidvaccine and schedule two separate appointments at either the same time or adjacent time slots. The caretaker should

Cont'd On Page 21



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A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

On Friday, Feb. 5, Officer Dalton was working the 4 p.m.-midnight shift assigned to the North Quincy area of the city.

At approximately 9:30 p.m., area cars had received a B.O.L.O (Be On the Look Out) regarding a white Nissan Altima that was operating erratically on Hancock Street in the area of Billings Road. A short time later, Officer Dalton observed the vehicle being operated southbound on Hancock Street. He notified other officers that the vehicle was traveling without headlights toward Quincy Center.

As Officer Dalton safely turned his cruiser around, Officer O'Connor conducted a motor vehicle stop of the vehicle on Hancock Street in front of Gunther Tooties. Upon Officer Dalton's arrival, the operator was out of the vehicle, standing at the trunk of his car, with Officer Milliken who had also arrived on scene.

Due to the fact that the operator did not speak or understand English, Officer Acevedo was requested at the scene to provide translation. Officer Acevedo spoke with the operator who admitted to having "two drinks" prior to getting behind the wheel. Officer Acevedo assisted Officer Dalton in the process of doing field sobriety tests. Based on results of those tests, Officer Dalton formed the opinion that the operator was under the influence of an alcoholic beverage, impaired, and unable to safely operate a motor vehicle.

An inventory search of the vehicle was conducted. Officers located four (4) empty Heineken beer 12 fl oz. bottles in a bag on the floor and two full bottles located under the passenger seat. Officer Dalton observed that all the Heineken bottles, both empty and full, were cold to the touch. Officer Dalton also located two (2) 16 fl oz. Budweiser cans that were empty.

The operator of the vehicle, a 36-year-old male from Boston, was placed under arrest for operating a motor vehicle under the influence of alcohol, operating a motor vehicle without a license, negligent operation of a motor vehicle, and failure to activate headlights when necessary. Upon arrival at the station, the operator was offered a chemical breath test (breathalyzer test). The result was .18%.

A person that submits to a breathalyzer which results in a .08% or high is considered impaired. For a first-time offender who is 21 years of age or older, the individual's license would be seized and his/her right to operate a motor vehicle would automatically be suspended for 30 days (or until the conclusion of the case, whichever is shorter). *In this specific arrest, the operator did not have a valid license.

An individual that refuses the breathalyzer test (a first time offender who is 21 years of age or older) would have their license seized and their right to operate a MV would be suspended for 180 days.

Driving while impaired is NEVER worth the risk. Always arrange for a sober driver or an alternative method of travel such as a ride-share, cab, or public transportation. If you believe someone is operating a MV while impaired, always contact your local police department or 9-1-1. Thanks to an alert driver that contacted the police, this individual was taken off the road quickly!

According to the National Highway Traffic Safety Administration, some behaviors that may be indicative of possible impairment include: straddling center lane, drifting side to side, stopping without cause in the lane, erratic braking, inconsistent signaling, and abrupt or illegal turns.

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, FEB. 5

LARCENY/MOTOR VEHICLE (past), 6:59 a.m., The Strand. Bobcat stolen from jobsite overnight. Bobcat was parked in the parking lot of the Beachcomber overnight where it was reportedly taken from. Bobcat could not be located. Officers checked area. Reporting party last saw the vehicle last Friday. The vehicle was described as a white Bobcat with tank tracks T770 model. Reporting party will wait for supervisor to collect VIN information and drop off affidavit later this morning.

LARCENY (male took package), 8:11 a.m., Ricciuti Drive. Male outside took package of reporting party. Tall black male, completely bald fled in 2017 Dodge Durango. Male fled towards Quarry Hill Drive. Report to be filed.

LARCENY (larceny of clothes), 8:49 p.m., Wash Dry, 236 Washington St. See caller in QPD lobby. Caller said he left his clothes at the laundromat and when he returned someone had taken them. Report.

SATURDAY, FEB. 6

LARCENY (wallet), 6:02 p.m., Walmart, 301 Falls Blvd. Dropped wallet and someone turned it in but they took the $500 cash that was in it. Caller advised. Walmart will check video and call if they have anything.

VANDALISM/PROPERTY (disorderly), 6:49 p.m., Hancock Street. People in the apartment keep slamming the door and throwing yogurt all over the hallway on the 8th floor. Report.

SUNDAY, FEB. 7

BREAKING AND ENTERING/PAST (front door), 12:48 p.m., Hancock Street. Entry lock broken; iPads missing. Happened early this morning. Reporting party owner is on scene now. Report to be filed.

TUESDAY, FEB. 9

BREAKING AND ENTERING/PAST (2 units), 11:27 a.m., Washington Street. Possibly this morning. Two units broken into - Bose speakers stolen, tools. Calling from front office business line. Report.

WEDNESDAY, FEB. 10

LARCENY (personal property), 10:23 a.m., Willard Street. Report to be filed.

VANDALISM/PROPERTY (reported break), 12:12 p.m., Scotch Pond Place. Serviced. Report to be filed.

LARCENY (package), 3:41 p.m., Division Street. Serviced. Reporting party in QPD lobby. Report.

ASSAULT AND BATTERY (possible from motor vehicle accident), 4:24 p.m., Hancock Street. Four parties fighting, possibly past MVA. Black male has a firearm in his hand. Black BMW SUV. Two black females, one black male and one white male. Cross complaints to be filed. Party on scene had active LTC out of Randolph. Complaints not related to firearm.

VANDALISM/PROPERTY (past), 5:10 p.m., Winter Street. Vehicle was vandalized. Has footage and suspect. Six year old child was playing with a rock and scratched the vehicle. Case number provided to R/P.

LARCENY (package stolen), 7:08 p.m., Ricciuti Drive. Package was stolen between Jan. 21 and Jan. 22. Caller said he has reported theft to building management and to UPS.

THURSDAY, FEB. 11

BREAKING AND ENTERING/PAST (business), 7:35 a.m., Quincy Avenue. Caller states that overnight their security cameras picked up footage of a male breaking into their lock boxes and would like and officer to view the footage. Report to be filed.

LARCENY (past), 9:14 a.m., Rawson Road. Report to be filed.

Calls For Service: 948

Breaking & Entering Past: Quincy Avenue, Washington Street, 400 block Hancock Street

Breaking & Entering MV: Southern Artery, Willard Street, 900 block Hancock Street

Larceny MV: The Strand

RMV New Safety, Educational Tools For First-Time Drivers

Online Educational Resources, Materials, Safety Videos To Help Prepare For Learner's Permit, Driver's License

The Massachusetts Registry of Motor Vehicles (RMV) announces the availability of new resources and tools that individuals can use as they begin the critical process of learning how to drive safely and responsibly.

A new informational online portal has been created to provide easy access to a variety of educational resources and materials that can be used to help guide first-time drivers, and parents and guardians of Junior Operators, through the detailed step-by-step process of securing a Massachusetts driving credential. The portal can be found at https://www.mass.gov/guides/first-time-driver-start-here.

The RMV is also for the first time offering online practice learner's permit exams which can be accessed by customers through Mass.Gov/RMV or by logging into their myRMV account. Customers now can also purchase a copy of the Massachusetts Class D (Passenger) Drivers Manual and Commercial Driver's License Manual online using their myRMV accounts, instead of visiting a Service Center. Ordered manuals will be mailed to customers within 7-10 days of purchase.

"The RMV continues to look for ways in which we can support first-time drivers to ensure that the safety and educational tools they need are accessible and readily available," said Acting Secretary and CEO of Transportation Jamey Tesler. "Learning to drive is a serious and thoughtful process, and we are pleased to provide a great deal of materials and resources which will help ensure that new drivers are safe, successful and ready for the road."

"The RMV is pleased to offer these new valuable features and tools that can be used to help individuals learn how to drive safely and responsibly," said Acting Registrar of Motor Vehicles Colleen Ogilvie. "There are many critical steps included in this sensitive learning process, and the new portal and other resources, including the new learner's permit practice exams, will help ensure that individuals have access to key materials to support their understanding of the rules of the road, become fully prepared to drive and keep themselves and others safe."

Highlights of the key features of the new online portal are as follows:

1. **Steps to Getting a Driver's License** – Information regarding the requirements for RMV learner's permits and road tests, and links that can be used to schedule appointments.

2. **Parent/Guardian Information** – Information regarding Driver's Education Programs, the Parent Supervised Driving Program which provides a methodical approach to teaching requisite driving skills, and Junior Operator License (JOL) requirements including details on certain motor vehicle citation penalties which are imposed by the Junior Operator and the Safe Operator Law.

3. **Safe Driving Tips** – Links to educational YouTube videos that highlight MassDOT's "Scan the Street for Wheels and Feet" campaign which addresses specific roadway safety topics such as being cognizant of pedestrians and bicyclists, mirrors and blind spots, and a "double threat" when pedestrians are crossing multiple lanes of traffic that are heading in the same direction.

4. **Studying for Learning's Permits and Road Tests** – Links to helpful practice exams for learner's permit exams and the option to download the Massachusetts Driver's Manual at no cost or purchase a hard copy of the manual which will be mailed to the customer, informational videos to become familiar with maneuvers that are evaluated during road tests, and links to specific requirements for applicants and sponsors.

5. **Time to Take Your Permit** – Links to the learner's permit application process, detailed instructions for taking the exam online, and alternative options that are available to take the exam.

For the latest RMV updates and information, follow the RMV on Twitter @MassRMV.

For additional information on RMV service offerings during the COVID-19 pandemic, visit www.mass.gov/rmv or https://www.mass.gov/info-details/rmv-covid-19-information.

FEB 18 2021

Public Input Will Help Shape Wollaston Plans

By SCOTT JACKSON

The City Council is expected to take up a proposed redevelopment plan for Wollaston Center at multiple meetings beginning this spring, and public input will be key to determining what happens in the neighborhood.

Mayor Thomas Koch on Jan. 19 submitted to the council the proposed urban development plan for Wollaston Center, which targets a 51-acre area – including portions of the Hancock Street, Beale Street and Newport Avenue – for redevelopment. A similar urban revitalization and development plan is already in place for Quincy Center and has been used to guide the development efforts that have taken place in the downtown district in recent years.

The proposed plan for Wollaston is now pending before the council's ordinance and downtown and economic growth committees. City Council President Nina Liang, in a recent interview, said she expects the committees to begin reviewing the proposal before councillors recess for the summer.

"It is going to take multiple meetings before we get anything done on that. Hopefully soon, because people are excited to get involved and start being a part of that process on looking at the boundaries, making sure people are happy with the actual outline of what that district is and then also looking at the [zoning regulations]," Liang responded after being asked when the public hearings on the proposal would begin.

"That is something we want public input on before we move on anything. We are still super, super early in the process."

The zoning district created in Quincy Center as part of the redevelopment effort there allows buildings up to 15 stories tall by-right in some areas. It is unlikely buildings that tall would be allowed in Wollaston Center by-right, Liang said, but that could change based on feedback from the public.

"Obviously Councillor Phelan and Councillor Cain are going to work hard to make sure that whatever the residents want will be what's implemented. If folks all in that neighborhood suddenly come out and say, 'we want the 15-story buildings,' we're going to do whatever it is the residents and the business owners in the area want," Liang said.

"Right now, from what I'm hearing anyway, the sentiment is it is a much smaller footprint so we're not going to go up that high…but again, we still have to have the public hearings, see what the public thinks about it and go from there."

Liang said she was excited about the plan to redevelop Wollaston.

"I'm really excited," she stated. "There are so many small business owners down there and that is what I love to see – a huge mix of people who can start their businesses here one way or the other, whether their business is owning a residential property down there where they are doing first-floor retail or it's a small business owner who is renting out a location to a restaurant.

"I just think Wollaston is such a scene where you see that. You see so many small business owners out there. It's not just one person who operates multiple locations – it's a group of them and I think there is so much strength in that."

Liang added that it would be important to hear from the AAPI (Asian American and Pacific Islander) residents who live in and own businesses in the area.

"For me personally, I think people know that area has a huge AAPI population and business owners. That's really exciting for me to see – the diversity of the city is captured so well there – so I am really excited to see how we can improve that area, improve the sidewalks, the parking, the walkability in the area, drive more people to that neighborhood," she said.

"For me, it's just important to make sure the AAPI community is part of that conversation."

MA Launches New Vaccine Appointment Finder

By SCOTT JACKSON

State officials recently announced the launch of a new tool designed to make it easier for residents to find available appointments to get the COVID-19 vaccine at certain locations.

The tool, dubbed the COVID-19 vaccine finder, lets residents search for a vaccination site and view appointment availability before booking an appointment. Residents can access the new tool via the state's vaccination website at mass.gov/covidvaccine or by going directly to vaxfinder.mass.gov.

The tool enables users to search for locations near them by entering their ZIP code, city/town name, or the name of a vaccination location. It also allows residents to filter results by site type, such as mass vaccination locations, locations run by local health departments, retail pharmacies or health care locations.

The COVID-19 Vaccine Finder displays all vaccination locations open to all residents across the Commonwealth, but only includes appointment availability details for mass vaccination locations and some sites operated by local health departments at this time, officials said.

Additional sites will be added over time.

Once a site is selected, residents can view: available appointments (currently select sites only); the vaccines offered (currently Pfizer and/or Moderna); directions via Google Maps and MBTA Trip Planner information; specific site instructions and whether the site is indoors or outdoors; and disability access information.

The tool updates appointment availability every five minutes for participating vaccination locations. In the coming weeks, availability for additional locations will be added. The tool is available in a wide range of languages. The COVID-19 Vaccine Finder was built as part of an ongoing partnership between Project Beacon and the commonwealth's COVID-19 Response Command Center.

Appointment availability is based on supply from the federal government and remains limited.

Massachusetts will continue to add vaccine appointments and locations as the distribution process continues, and state officials will continue to make improvements to the process that make it easier for residents to find and schedule an appointment. Residents can use the state's website to check if they are eligible, find and schedule an appointment and prepare for their appointment.

Residents 75 and older who do not have internet or cannot use the website can call 2-1-1 to access the vaccine scheduling resource line, to schedule an appointment over the phone. The state call center hours are 8:30 a.m. to 8 p.m. Monday through Thursday and 8:30 a.m. to 5 p.m. Friday through Sunday.

The city of Quincy has partnered with Manet Community Health Center to offer the vaccine to eligible city residents over the age of 75. The vaccines are administered at 180 Old Colony Ave., an office building that will be renovated into a school starting later this year.

Quincy residents can book an appointment through an online portal at quincyma.gov or by calling a new vaccine registration and assistance call center at 617-376-1470. Residents needing Chinese language assistance can call 617-376-1298.

Nomination Papers For City Election Available May 4

Cont'd From Page 3

ing nomination papers from the clerk's office on May 4. The deadline to submit them to the Board of Registrars is 5 p.m. on July 27 and certified nomination papers, including a statement of candidacy, must be submitted to the city clerk by 5 p.m. on Aug. 10.

The signatures of 50 registered voters are required to run for each office in a municipal election. Residents seeking one of the six ward councillor seats must obtain the signatures from within their ward.

If necessary, a preliminary election would be held on Sept. 14. A preliminary election would be required if more than two candidates run for one ward council seat, or if more than six ran for either councillor at-large or the school board.

Ballot position for the preliminary would be determined during a drawing at 10 a.m. on Aug. 13. The deadline to register to vote in the preliminary would be 8 p.m. on Aug. 25, the deadline to apply to vote by mail in the preliminary election would be Sept. 8, and absentee balloting would end at noon on Sept. 13.

The final election will take place on Nov. 2. The deadline to register to vote in the November election is 8 p.m. on Oct. 13, the deadline to apply to vote by mail is Oct. 27, and absentee voting ends at noon on Nov. 1.

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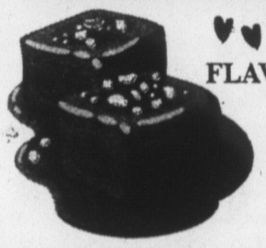

February's FLAVOR OF THE MONTH
caramel SMOOCHES
SEASONAL FLAVORS
Snickerdoodle & Snowflake Sundae

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Real Estate

Quincy Real Estate Transactions February 8 - February 12

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Oluwaseun S. & Nicole M. Olusanya	Kenneth E. & Tomiko R. Bennett	$620,000.00	106 Bunker Hill Lane
Xiao He	Munawwar Abdulla	$328,000.00	200 Cove Way, Unit 617
Ngoan T. Tran	Tin F. Chang, Xiao J. Ren & Yim N. Chang	$550,000.00	110 East Squantum Street
Ashworth Road Realty Trust	Stephen T. & Patricia A. Sullivan	$629,000.00	79 Ashworth Road
Patrick J. Wynne	Kevin Scanlan & Paula E. McNally	$310,000.00	677 Quincy Shore Drive, Unit 212
Xiao L. & Lucy Zhuang	H2 Group LLC	$620,000.00	541-543 Washington Street
Clasby Irrevocable Home Trust	Panagiotis A. & Eleftheria Vorvis	$615,000.00	2001 Marina Drive, Unit 206W
Presidents Avenue LLC	Surendra & Bimlesh Rana	$468,500.00	36 Presidents Avenue
James D. & Emma A. Hutchinson	81 Faxon Park Road Realty Trust	$575,000.00	21-23 Caledonia Avenue
My H. T. Doan	Hsiu & Yung Lin	$684,400.00	99 Bigelow Street
Hugh Gao	Ah B. Goh, Bee H. Tan & Amy W. Y. Goh	$530,000.00	26 Acton Street
William P. & Evelyn J. Kiley	Bryan C. Ayers & Johannah M. Donovan	$650,000.00	184 Landsdowne Street
David J Perdios Revocable Trust			
Sarale Perdios Revocable Trust	John & Kristin Dzialo	$629,900.00	3 Hopedale Street
133-135 Hancock Street LLC	Ding Qin	$551,000.00	133-135 Hancock Street, Unit 19
Cat T. Nguyen	Maggie W. Chen	$555,888.00	26 Water Street

First Baptist Church

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has online remote worship service and is open for the congregation for limited seats only.

Pastor David Choi will preach his sermon: "Servant of God " (Col 1:24-26). Reader will be Jeff Mahn.

Online dial-in/web meeting weekly schedule:

- Sunday, 10:30 a.m. Sunday Worship Service
- Wednesday, 6:30 p.m. Community Group Meeting – Gospel of John
- Thursday, 6:30 p.m. Bible Class – Epistle of Paul to Romans
- Friday, 11 a.m. Prayer Group Meeting

The on-line Leadership Training will start on Feb. 24, 6:30 p.m. in exchange to the concluding book of John Community Group Meeting every Wednesday.

For those who want to go to church and attend the Sunday service, make an advance reservation each week by calling 617-472-0824 - look for Lewann Mina, church administrator.

For online Sunday worship service, go to the church website: www.firstbaptistchurchofwollaston.org/ for the conference call number.

Bethany Congregational

On Sunday Feb. 21 Bethany Congregational Church will have regular Sunday service at 9:30 a.m.

Rev. Patrick McCorkle will preach and music will be provided by Paul Frazer as soloist. There will be no Church School classes this week.

For all events at Bethany Church, masks and social distancing are required. There is no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to stay at home, the on-line service is available. Check the church website for instructions on how to watch.

Bethany Congregational Church is located at 18 Spear St., Quincy. The church website is: bethanycongchurch.org. Telephone number is 617-479-7300.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call 617-471-0022.

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Ask Barbara Graceffa: Spin The Color Wheel

Could you help me with putting colors together? I've never been able to do so. In fact, my entire wardrobe is monochromatic because I am not confident in mixing colors. ***Bao***

My best tip is to spend five dollars at the paint store or craft store and buy yourself a color wheel. It is an easy-to-use tool for putting colors together.

Complementary colors are opposite each other on the color wheel and we all know that "opposites attract." Therefore, you can combine reds and greens, yellows and violets, and oranges and blues. You need not choose the pure colors of these hues (another name for color), but go ahead and choose the tints (where white is added), tones (grey added), and shades (black added) to combine, for example, rose and sage, cranberry and wintergreen, pale yellow and lilac, daffodil and eggplant, peach and baby blue, or tangerine and cobalt. You get the best results with complementary colors when you use 75% of one and 25% of the other.

Colors next to each other on the color wheel, called analogous colors, are "good neighbors" which play well together, too. Try pairing reds and oranges, oranges and yellows, yellows and greens, greens and blues, blues and violets, and reds and violets. Again, this holds true for all the values - lightness or darkness - of these colors. Let one color dominate and choose the same intensity - brightness or lightness - of the color. In other words, do not pair a bold raspberry with a mellow celery green.

Want more than two colors? Mix complementary or analogous colors with a neutral white, black, or most beiges, browns, metallics, and greys. Or go back to the color wheel for triad options - three hues evenly spaced from each other on the wheel. For example, yellow-orange, blue-green, and red-violet. It is best to purchase a real color wheel than try and follow some of these combinations in a book or online because the wheel rotates and the triads are clearly mapped out.

My favorite combination for three colors follows the formula 60-30-10. Choose one key color and spread it around 60% of the room (some combination of wall, furniture, window treatments, and flooring color adding up to this number or close to it), a second color for 30%, and that final 10% is the pop or wow-factor color.

These tried and true palettes apply to many arenas like arts and crafts, fashion, and marketing, to name a few.

In closing, you will find a lot more terminology and mixology on the color wheel. Give it a spin.

Do you have a decorating problem needing a professional solution?

Send your questions to barbara@sec-interior.com. Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. Learn more at www.sec-interior.com and follow her on Facebook and Instagram @secretaryinteriordecorating. You can reach her at 617-921-6033.

Retirement Brings Extra Time: How To Make The Best Of It

Retirees aren't always certain what it is they long to do with time, but one day they stop working and find they have a barrelful of it.

"People often are so focused on making sure they are financially ready to retire that they forget to plan for what they want to do in retirement," says Patti Hart, co-author with her husband, Milledge, of *The Resolutionist: Welcome to the Anti-Retirement Movement*.

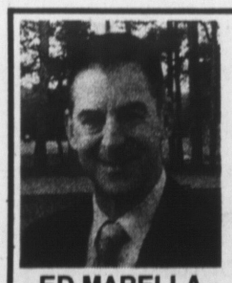
"And they may have more time to fill than they realize. Life expectancy has grown, and retirements that last 20 years, 30 years, or longer aren't that unusual. So you have to start thinking, what will you do with your time? How do you envision your days playing out?"

Patti Hart cautions that time management does not have to mean blocking out every minute.

To do that, the Harts suggest putting yourself into the mindset you had in your working years, such as:

- **Use a calendar**. People in a corporate setting rely on calendars to manage their obligations and retirees can as well. Checking a calendar each day also let's people know they may need to pull back if they are overcommitted, or they may need to find activities to add if too many empty hours are going to waste.
- **Make a to-do list**. A to-do list helps ensure nothing gets forgotten. Just be flexible, Milledge Hart says, because the list is a tool to keep you on track, not a ball and chain to imprison you.
- **Treat everything like a business appointment**. The calendar and the to-do list can be filled with things that would never have made a business person's schedule – but may now be high priority for you. "You can pencil in 30 minutes for meditation or an hour to begin reading a James Patterson novel," Patti Hart says. "Maybe you want to block out Friday afternoon to experiment with a new recipe. These are your preferred 'appointments' now and are equal in importance to board meetings or conference calls."
- **Adapt your system as your needs change**. Some people begin retirement doing all the things they had been putting off, such as traveling or fishing more. "But that first burst of activity usually begins to wear, and you realize you want more from this stage of life," Milledge Hart says. "At that point it makes sense to re-evaluate your resources and goals. Be aware of how you feel about certain activities and be ready to drop some and pick up others as your time and interests change."

"In the same way that making good financial investments provides you with additional capital, investing your time wisely provides you with more time to do things you really want to do," Patti Hart says. " And that will make your life so much better."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FEB 18 2021

Liang Excited About Language-Access Project

By SCOTT JACKSON

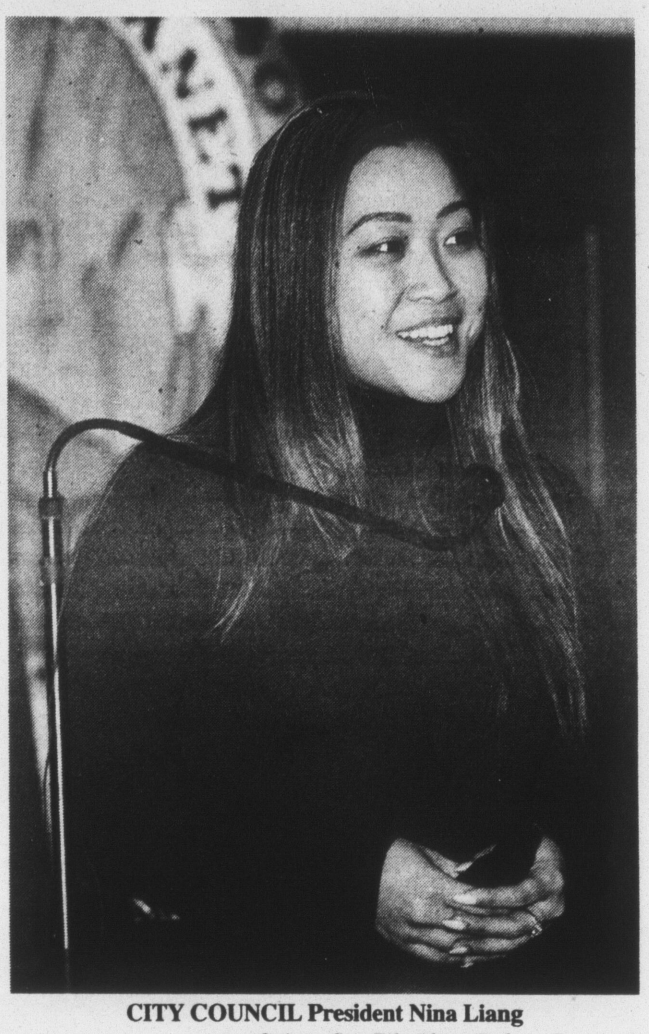
City Council President Nina Liang expressed excitement about an ongoing language-access project the city's Planning Department is undertaking and said it is important that she helps her colleagues on the council work together and achieve their goals.

Liang, who turns 33 next month, was re-elected to a second term as council president in January. She is finishing her third term as an at-large member of the council.

Liang was asked about her priorities for 2021 in a recent interview. She identified a pair of priorities – one she wants to accomplish in her role as a city councillor and another she wants to achieve as council president.

"For me, it's a little bit twofold this year. One is, what is my personal focus as a councillor but then second, it is what is my focus as the council president," Liang said. "That's sort of my train of thought with this."

Liang said she was excited about the language-access project the Planning Department is in the midst of overseeing. Melissa Pond, a principal planner with the department, is spearheading the project and Liang said three community members – Angie Liou of the Asian Community Development Corporation, Ben Hires of the Boston Chinatown Neighborhood Center and Mai Du of the Wah Lum Kung Fu Academy – helped send out a survey that will be used to shape the initiative.



CITY COUNCIL President Nina Liang
Quincy Sun File Photo/Robert Bosworth

"For me, the language access work is something I'm really excited about. Melissa has been doing a phenomenal job of putting this together in a very short period of time. We've been lucky enough to work with community members," Liang said.

"The three of them helped to make sure we were actually getting the survey out to those who we wanted to hear from the most – it was a lot of people who don't speak English or don't know how to read English. There was a lot of work that went into getting the survey done and hearing from residents. That is going to inform a proposal we put forward to say, 'how much is it going to cost to create language access across all of the departments so that they have this resource.'"

Liang said the goal of the project is to give residents with limited English proficiency as well as residents who require accommodations under the Americans with Disabilities Act better access to city government.

"Right now, I think the resource is there, but it is sporadic. It is maybe going across departments and saying, 'do you have someone who can translate this, do you have someone who can speak this language,'" Liang explained.

"Now we can create a codified language-access system – not just for those with limited English proficiency but also for those who need ADA compliance too. Both of those things will be achieved with this work, so I am super excited for that. Hopefully by the time budget season comes around, we will have something in place that we can introduce to provide that resource to all of the departments.

"I am super, super excited about that effort."

As council president, Liang said she believes it is important to be able to support her colleagues and help them achieve their goals.

"As far as the work as council president goes, one of the things that led me to want to do this is that I see it as a role where I can be as supportive and helpful as possible in creating a cohesive relationship, a collaborative relationship. If you look at all of the councillors, they have things they are passionate about and I take it very seriously, my role, in trying to see how I can be supportive in making it happen," she said.

"For me, it's looking at all of their interests and their strengths and where they want to focus on issues that are important to them, and how I can be supportive in making sure they get done what they need to get done."

Liang was first elected to the council in 2015 and was re-elected in 2017 and 2019. In the interview, Liang said it was too soon to say whether she will seek re-election this fall.

"I have not," she responded when asked if she had made a decision about running again.

"I want to get through this year, to be honest with you. I am really genuinely concerned for what the impact of this pandemic is going to be.

"Hopefully I can get through this year – I can be successful in making sure we put the best policies forward, we put the best budget forward and try to be as helpful as possible to residents to get through this process.

"Once we do, I can sort of switch hats and think about re-election."

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"I'm worried about your safety."
"We know that abuse does not go away and usually escalates."

Ask Them What They Need
"What can I do for you?"
"How can I help you?"

Believe Them
"I'm glad you told me."

Offer Support
"I'm here for you."
"You are not alone."
"Here is some information on domestic violence."
"Here is an advocacy Hotline number."

Be Patient
"I understand leaving is a process and might not happen right away, I will be here for you when you are ready."

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365 Students On Atlantic Middle School Honor Roll

Three hundred sixty-five students are listed on the first term honor roll at Atlantic Middle School.

HIGH HONORS

Grade 8: Hussain K. Al-Zubaidy, Julia D. Bauman, Ezekiel G. Burke-Lewis, Lillian E. Carey, Megan C. Carey, Averie E. Carson, Rachel Y. Chan, Anna X. Chen, Ethan Chen, Henry Chen, Jessica J. Chen, Kathley Chen, Maggie Chen, Zeng Shi Hao Chen, Zhe Hao Chen, Nancy Chieu, Erin G. Della Barba, Aakanksha S. Deshmukh, Antoni Duong, Athena Duong.

Liam S. Faherty, Esmerelda A. Giordano, Fabiana Y. Guan Wei, Jason J. Huang, Jonathan Huang, Caitlyn C. Huynh, Keilyn M. Irwin, Farid Jabrayilzade, Sophie Jiang, Trisha H. La, Andy Li, Johnny Li, Mignon LI, Spencer K. Li, Yu Zheng Li, Laura Lin, Ren Qiang Lin, Triston Lin, Vincent Q. Lin, Austin G. Lio, Brian G. Lio, Charlotte W. Liu, Kevin Liu, Sofia S. Luo.

Joey Man, Grace E. McGillicuddy, Emma M. McGovern, Sarah E. McKenna, Joanne Mei, Rachael M. Merrigan, Lucas I. Mota, Liam G. Murphy, Vy B. Nghiem, Kimy E. Ong, Ruby J. Pan, Anish N. Pandey, Pitchada Phet-An, Ayden J. Rosario, Maya Rosenthal, Leila Schaareman, Irena Shi.

Matthew A. Wallace, Avery F. Wood, Alex Z. Wu, Amy Wu, Wen Qian Wu, Ruobin Xiao, Ruiqiong Yan, Jackie C. Ye, Jonwah Yi, Jenna A. Zarges, Avril Zheng, Joyce Zheng, Tina Zou, Vicky Y. Zou.

Grade 7: Emmet V. Allen, Thea C. Bandzak, Nour A. Benajma, Brooke C. Blahut, Anthony J. Campbell, Regina Caraballo, Benson Chen, Ethan Chen, Kathy Chen, Michelle Chen, Wing Kiu Cheng, Rose M. Crean, Eduardo De Souza Rodrigues, Ryan De Souza Rodrigues, John M. Della Barba, Jayla P. Dodson.

Mustapha Faye, Jacquelyn G. Ferrara, Nicholas M. Francis, Elizabeth R. Hames, Elizabeth Hoang, Terry Hua, Xi Shi Huang, Ami M. Husky, Haaris A. Khan, Joseph G. Kilduff, Anna Kuang, Nicholas K. Lam, Benjamin Q. Le, Grace Li, Iris J. Li, Cyrus Lin, Ba Ying Ma, Sarah Malushi, Livia A. Ng, Kevin Noti, Markel Noti, Zhi Yuan Pan, Jolie Quynh Pham, Henry Puka.

Brian Quach, Charos Rakhmatova, Anna G. Ruggiero, Luniva Shrestha, Giuseppe V. Talarico, Jasmine N. Tran, Owen T. Tran, Vivian C. Walker, Nicole G. Wong, Melinda Wu, Kayli E. Yuen, Jasmine Zhao, Devin Zheng, Jiajun Zheng, Monica Y. Zhou.

Grade 6: Nicholas A. Ambroult, Mia Y. Blydenburgh, Mason A. Bush, Jenny N. Charleron, Adam Z. Chen, Maggie X. Chen, Sarah S. Chen, Bonnie Ching, Arpon Chowdhury, Kimara O. Collins, Delana Dang, Nora R. Ganno, Ava B. Geary, Miles J. Gowell, Anna K. Greene, Jennifer Guan, Xi Yu Huang, Tejasvi S. Kalluri.

Jaden T. Li, Kelly Lin, Leia Liu, Breven C. Lyons, Alyssa K. McDonagh, Jiayu Mei, Lucy E. Morkan, Edward D. Nguyen, Vanessa Nguyen, Valentina G. Pomalaza, Yash Prakash, Warrick T. Quon, Emily Rosenthal, Tvisha M. Sardesai, Oliver Taveres, Jada N. Tran, Kayley C. Tsang, Raylee A. Wiseman-Gunter, Janet J. Zhao.

HONORS

Grade 8: Brigid B. Balzarini, Mia G. Bozinovski, Brian P. Buckley, Stephen M. Byrnes III, Riley M. Calvert, Jingyi Chen, Nicholas Chen, Wei Chen, Wing Chai Cheng, Molly M. Colantonio, Seamus O. Conneelly, Elliot M. Coulter, Gabriel S. DeOliveira, Charlotte M. Donovan, Taylor O. Dos Santos, Joey J. Ferolito, Stephan W. Foo.

Michael F. Geary, Kevin F. Gillespie, Marshall D. Gowell, Zoe K. Grossfeld, Alexandra R. Guia, Zoey J. Hill, Han Huang, Kevin Huang, Cole M. Hussey, Gabriella M. James, Kenneth M. Jarek, Riley J. Jolly, Dominick M. Jones.

Allan C. Lin, Alvin Lin, Hayley Lin, Jessica K. Lin, Ryan Lin, Jason Liu, Ky A. Ly, Anthony A. Magnarelli, Ellen L. Manning, Ian M. Manning-Harvey, Erin E. McCole, Isabella D. McKenzie, Randy Mei, Wilson Mei, Emily Ou, Jiayi Ou, Dominic A. Perry, Ruixin Qiu.

Michael G. Silverman, Brendan J. South, Stephanie Y. Sun, Luan Q. Tran, Jonathan Tsang, Thomas S. Walsh, Henry Y. Wong, Joyce Wong, Ryan M. Xu, Yi N. Yu, Alana H. Yun, Vic H. Zeng, Mikael Zerva, Jingwen Zhen, Johnny K. Zhen, Annie J. Zheng, Tiffany Z. Zheng, Xin Zheng, Fiona Zou.

Grade 7: Hamza B. Alghazawneh, Ana Carolina Arrue Riofrio, Jackson Baldini, Johanna M. Castonguay, Michael R. Cavicchi, Katelyn T. Chan, Fiona Dong Yi N. Chen, Jiaqi Chen, Sharon Chen, Adynn W. Cheung, Logan C. Chin, Camrin J. Dent, Gia Nhi Dinh, Isabella G. DiSiacca, Alyson H. Doyle.

Grant T. Fuller, Bertrand Guan, Christina Guan, John J. Harper IV, Grace J. Hottelmann, Fiona Y. Hui, Brandon C. La, Kenneth Le, Jordan L. Lee, Cameron J. Leiman, Athena S. Li, Kyle Li, Hao Yu Lin, Alice Liu, Nickie Lu, Hadley R. McDermott, Grace O. McMenamin, Anna M. Mei, Cameron P. Morgan, Eily A. Morris, Timothy J. Myers.

Aaron Nguyen, Justin Nguyen, Miko K. Nguyen, Nicolas K. Nguyen, Margaret R. O'Brien, Huy Q. Phan, Deila Mara C. Pires, Torin G. Pitta, Malaki I. Rodrigues, Camila N. Rosado, Alexander Schaareman, Vanessa L. Shepherd.

Jake C. Tallent, Kio Tanikaga-Gauthier, Nguyen Anh Huy Tran, Khang Trieu, Elsa G. Villavicencio Reguieras, Yi Xin Wang, Delaney A. Wood, Katherine Wu, Ruoqi Xu, Likitha S. Yalagala, Jennifer Yang, Rain Yao, Stephen Yu, Alex X. Zhao, Brian Y. Zheng, Mike Y. Zheng, Vicky Z. Zou.

Grade 6: Samuel J. Abrahamovich, Muhamad K. Al-Zubaidy, Jose Antonio Arrue Riofrio, Anthony T. Ater, Angel M. Augustin, Grace V. Bohan, Bryce A. Bonner, Matthew B. Cerone, Anthony Chen, Ella Chen, Eric J. Chen, Junan Chen, Qian Chen, Samantha Chen, Wilson Chen, Kevin J. Chin, Jack G. Coughlin, Anya M. Coulter.

Benny Dai, Emily Y. Dai, Kayla H. Dailey, Camila N. De Jesus Suazo, Emily Do, Jessica Do, Livia Fantin, Henry J. Gates, Delilah R. Giordano, Chloe E. Guia, Thomas J. Hart, Mandy M. Hu, Kyle Huang, Ryan H. Huang, Gavin J. Hutchings.

Said Jabrayilzade, Ryan W. Johnson, Timothy J. Jonah, Kathleen T. Joseph, Ethan Li, Michelle X. Li, Zhiheng Li, Benny S. Lin, Andy K. Lowe, Elizabeth Grace L. MacDonald, Josephina R. Magnarelli, Dylan M. McCole, Kimberly S. Messias, Saksham P. Nagmoti, Anthony C. Ng, Matthew W. Pan, Nathaniel A. Perez, Gabriel I. Phillips.

Isabella K. Roach, Leann Ruan, Markus K. Serjani, Skyla M. Sinawski, Grace C. Warren, Chaojun Xu, Nicole Xu, Elly Yang, Joey Zhang, Vanessa M. Zhao, Jayden Zhong, Derek Zhu, Lillian Z. Zou, Sophia S. Zou.

More Students Moving To Full In-Person Learning

Cont'd From Page 1

thank Principal Shaw and Principal Taglieri for working with their staff and department heads tirelessly to get us to this point," Mulvey said.

"They have been able to do that, mapping out their spacing needs, their staffing needs in relation to those students who have elected to stay hybrid. It will be a great accomplishment and we are determined to do it and they are very certain we can meet the goal of doing that March 1 for our seniors."

Because of spacing concerns, only seniors who currently attend school in a hybrid model will move to full in-person learning on March 1. The superintendent said students now enrolled in the fully remote program could move to in-person learning at a later date depending on how much space is available.

School officials are working on plans to bring as many students back as they can, Mulvey added, noting that parents can still opt to keep their child home where they would learn through a full remote model.

"We are working nonstop to formulate a plan to bring everyone back who is willing to come back to in-person learning, just keeping in mind for the public we are obligated to maintain a remote school," he said.

The next group to return for full in-person classes could be fourth and fifth grades, Mulvey said.

"We are looking preliminarily…to move four and five back as soon as hopefully March 22. We are working hard to make that happen with our principals. Again, we have to do a spacing analysis and a staffing analysis, but we are shooting for that March 22 date," he said.

"We know we can do grades one through three and we know now we can do grade twelve. We are now pushing towards grades four and five."

School Committee members welcomed the news that some high school seniors would be moving to the full in-person model. Members also asked what it would take allow additional students to come back.

"It sounds like our two biggest obstacles is the state requirement of having a remote program and the spacing issue, and until that changes it's basically going to be impossible to get everybody back – am I correct or not?" Paul Bregoli said.

Mulvey said additional students could potentially come back because less than half of all students, 47.4 percent, are currently enrolled in hybrid or full in-person models.

All students could be accommodated if the state were to no longer require the remote learning model and three feet of spacing was mandated, the superintendent added.

Currently, the state allows districts to choose between three and six feet of spacing for persons within schools. Quincy has required six feet of distancing based on recommendations Ruth Jones, the city's recently retired health commissioner, made before the start of the school year.

Mulvey noted that Hanover Public Schools recently reached an agreement with its teachers' union, allowing students to space themselves three feet apart while staff members are given six feet of distancing.

"That is definitely something we could take a look at," Mulvey said, reiterating that the district would still need to have staff available for the remote school.

Committee member Frank Santoro asked for additional information on moving from six feet of spacing to three feet.

"I would like some advice as to why we should or why we shouldn't health wise," he said.

Committee member Emily Lebo said she was concerned a new variant of the coronavirus could be more contagious if the move to three feet was made. She added, however, that students are not keeping six feet of space between them outside of school.

"These kids are not six feet away from each other anywhere else, just so you know," Lebo said. "I see them all over the city in little feral bunches and they are not six feet away from each other."

Lebo also asked if the district could use livestreamed classes – which now take place at the elementary, middle and high school level – to bring more students back. With livestreaming, teachers can provide instruction to both in-person and remote students at the same time.

"If you are choosing to be remote, what difference does it make whether you're remote with just remote kids or if you're remote with somebody who is in a classroom?" Lebo said. "If a teacher who is teaching Algebra 1 could be livestreaming to the twelve kids in front of her and eight kids at home, then we could get everybody back in at three feet."

Mulvey said that would be a possibility but added some teachers have medical reasons – related and unrelated to COVID-19 – that could keep them out of the classroom.

"That still could be a challenge," he said.

Mayor Thomas Koch, the chairman of the school board, asked that the committee receive further information on bringing more students back at a future meeting.

"The committee would like to get some options here on the rollout for all other grades," he said. "I've said it before, and I still think it is going to come back to roost…the mental health issues around this are going to equal whatever physical protections we're providing for these kids.

"I'm not saying we made any bad decisions here, but I just think the look back on this is going to be devastating, so the quicker we can get these kids in as safely as we can, the better."

Students want to get back, Koch added.

"I have a niece who has a daughter at an elementary class in Merrymount. When the teachers announced the kids were coming back fully, the kids erupted in applause," the mayor said.

"They want to be back in – especially the younger ones."

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Public Access Channel 8

Thursday, February 18
5:00pm: Bethany Congregational Church
7:00pm: On the Road with Jazzy Bill

Friday, February 19
11:30am: Currently in Quincy
8:00pm: NQ vs. Coyle-Cassidy Boys Hockey '12

Saturday, February 20
12:00pm: AM Quincy: Councilor Ian Cain
1:00pm: The Call

Sunday, February 21
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, February 22
Due to equipment upgrades, QATV programming will be temporarily suspended.

Please visit www.QATV.org for more information. Programming can be viewed at www.qatv.org/public-live

Government Access Channel 9

Thursday, February 18
9:00am: Healthy Bones & Balance
10:00am: Exercise With Karen
12:30pm: Eldys' Yoga
1:30pm: TCPL Presents: Falls Prevention
6:30pm: LIVE: Quincy Public Schools Presentation

Friday, February 19
9:00am: Tai Chi with Vince Journales
12:30pm: Finding Strength & Balance
1:00pm: Zumba Gold with Mary Ellen Reardon
1:30pm: Elder Update: Quincy's Biggest Loser

Saturday/Sunday, January 20/21
11:00am: TCPL Presents: Falls Prevention
12:00pm: City Council/Pub Hearing & Ord Comm 2/8
4:00pm: Board of License Commissioners 2/9
5:00pm: Zoning Board of Appeals 2/9
7:00pm: TCPL Presents: Quincy & Climate Change

Monday, February 22
Due to equipment upgrades, QATV programming will be temporarily suspended.

Please visit www.QATV.org for more information. Programming can be viewed at www.qatv.org/gov-live

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

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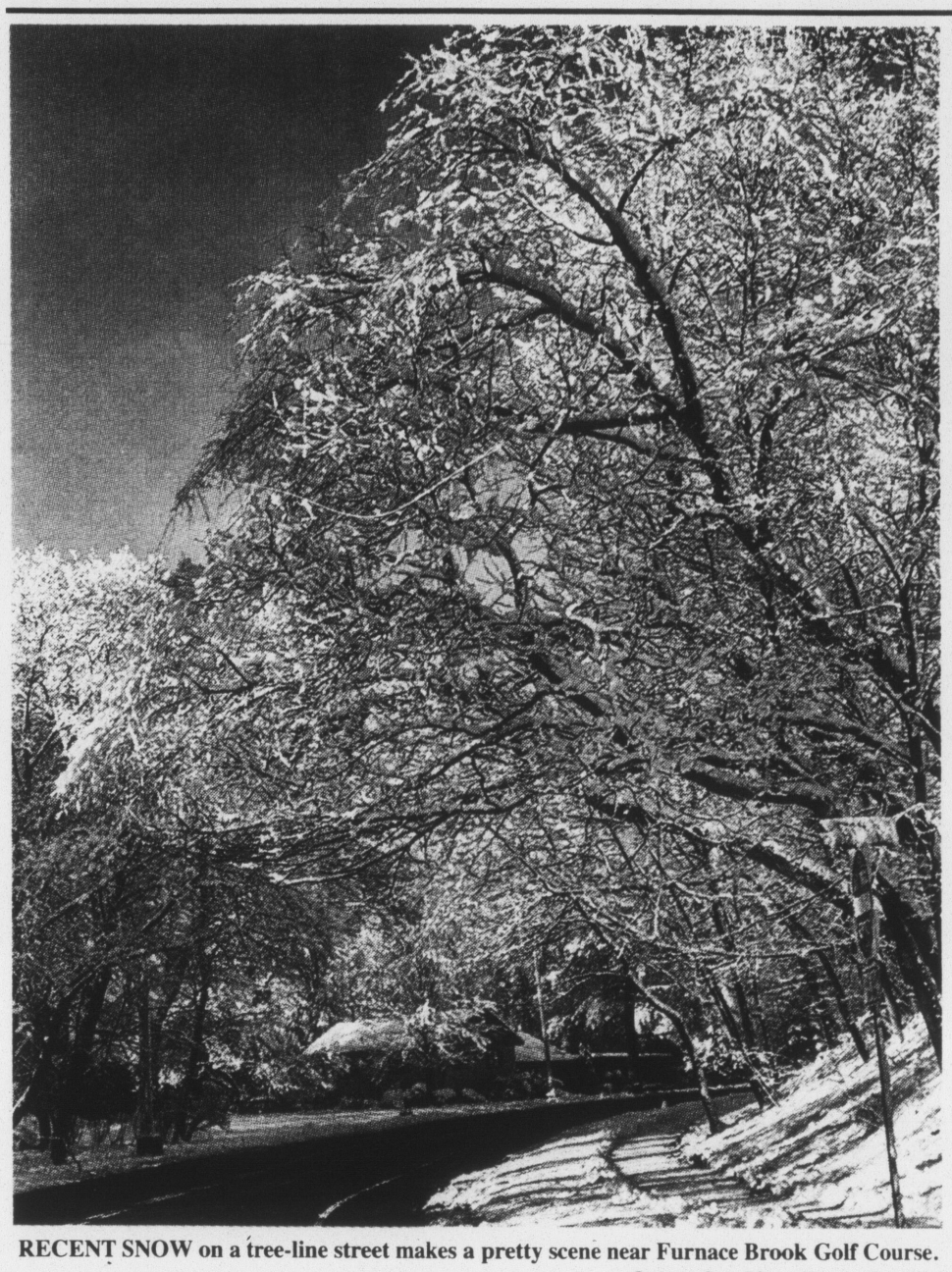
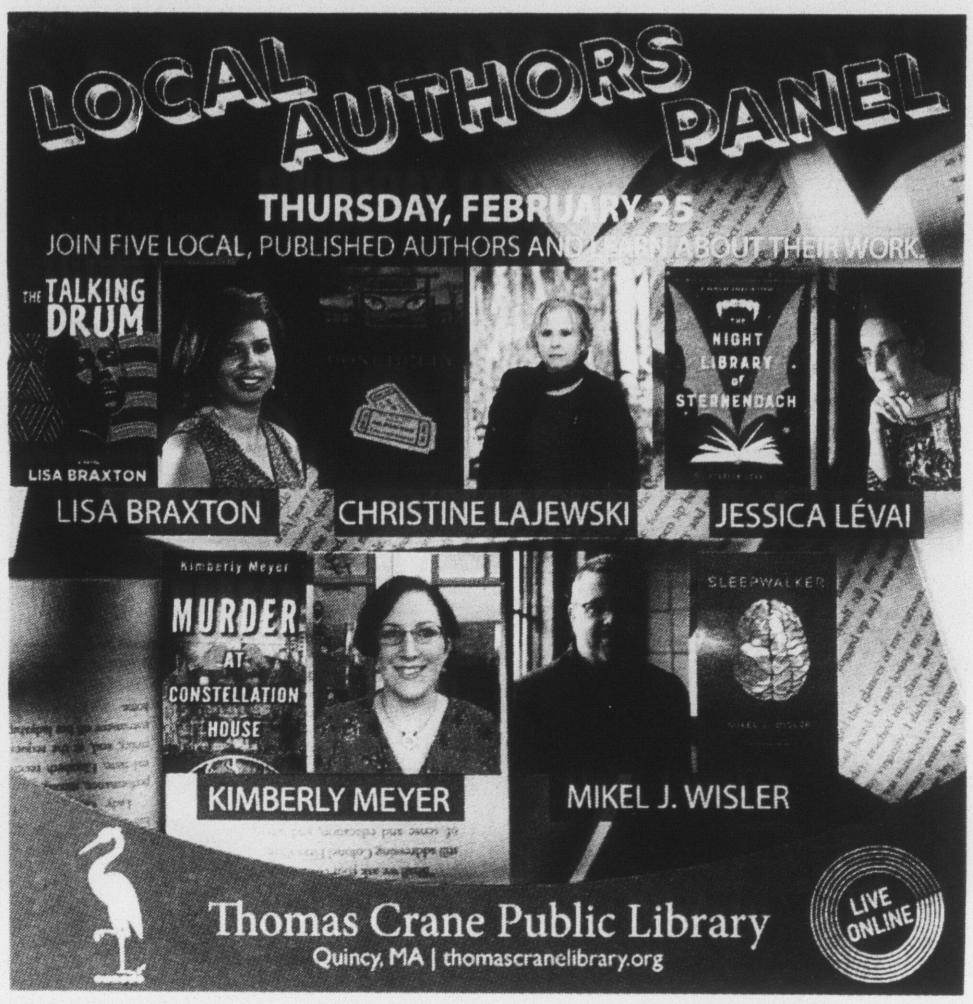


RECENT SNOW on a tree-line street makes a pretty scene near Furnace Brook Golf Course.
Quincy Sun Photo/Larry Carchedi

Local Authors Featured Online Feb. 25



LIVE ONLINE: LOCAL AUTHORS PANEL: Join five local, published authors and learn about their work in this Thomas Crane Public Library online program Thursday, Feb. 25 at 7 p.m. Featured will be: Lisa Braxton, author of *The Talking Drum*; Christine Lajewski, author of *Bonebelly*; Jessica Levai, author of *The Night Library of Sternendach: A Vampire Opera in Verse*; Kimberly Meyer, author of *Murder at Constellation House*; and Mikel Wisler, author of *Sleepwalker*. Join on Zoom (meeting ID: 827 5654 2842). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Crane Library's YouTube channel and on its Facebook page.

NQ Girls Hoop Bows To Marshfield In 2nd Round

By TOM JOYCE

The North Quincy High girls' basketball team played yet another competitive game last weekend, but didn't get the result they hoped for.

The Raiders hosted the Marshfield High Rams in the second round of the Patriot Cup tournament on Saturday, Feb. 13 and while it was a highly-competitive game, North Quincy came up just short. They dropped the contest 41-35 and fell to 8-5 on the season.

"Our offense again was stagnant," Raiders head coach Paul Bregoli said. "We relied too much on dribble drive and we weren't getting the calls going to the basket, and we couldn't make a shot. We couldn't make a shot. Whether it was a layup or a jump shot. And then defensively, I thought we were tremendous. They hit a couple of threes late and that turned a little bit. We had to send them to the free throw line and that increased the score. It was not indicative. It wasn't a six-point game. It felt more like a two-point game. We knew who they were coming in.

"We hadn't played them since last year but last year, they beat us by 30-something, so this year we are obviously much more competitive," he added. "It's still disappointing when you see kids play that hard and don't get a result. Some of the things we did to ourselves. We didn't take care of the basketball. We'd get an offensive rebound, and then we'd turn it over. We wouldn't get a shot back up."

Although Marshfield got off to a hot start in the first quarter, the Raiders ended up leading 18-10 after one quarter. They went on a 13-1 run that lasted for the majority of the quarter.

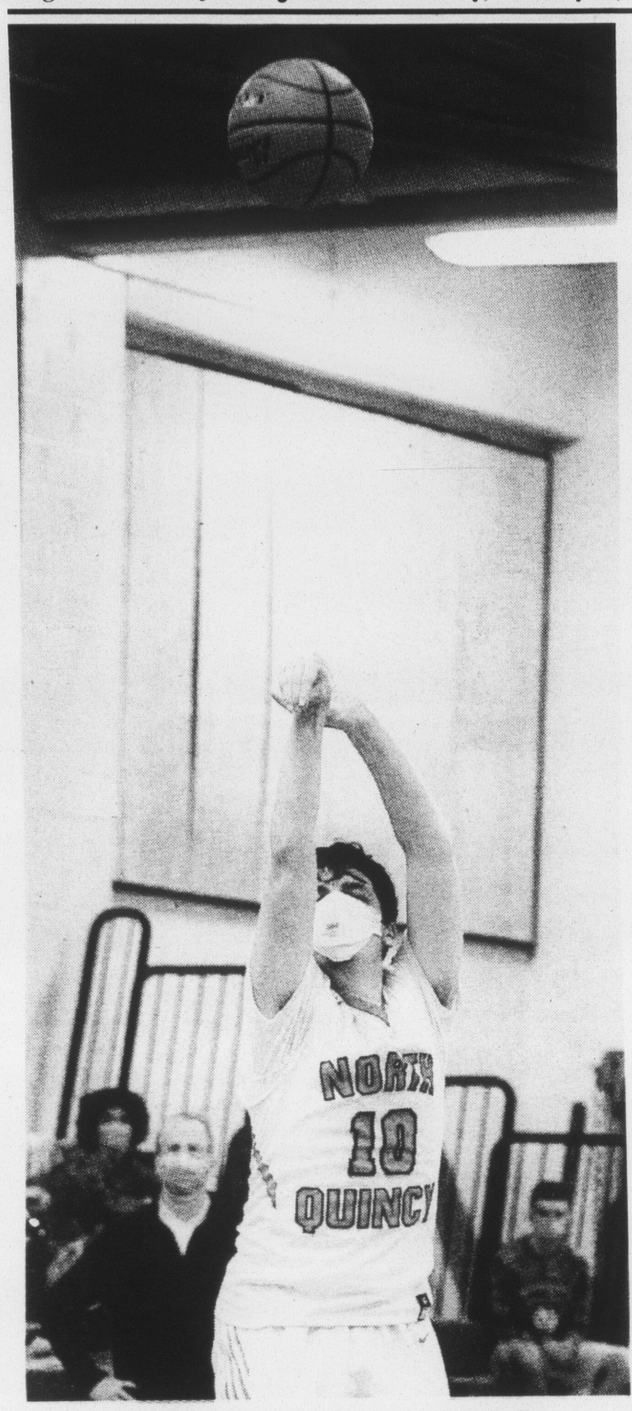
Marshfield took a 9-5 lead on back-to-back layups with 5:17 and 4:43 remaining in the first before North Quincy went off. Orlagh Gormley, who scored a team-high 15 points for the Raiders, gave the team an 11-9 lead as she put up six points in the span of about a minute. Gormley had a steal and a layup with 4:10 left in the first. Then 30 seconds later, she put up a pair of free throws to tie the game and seven seconds later, she had a steal, got fouled, and put up a pair of free throws to give the Raiders the lead.

Cont'd On Page 18

FRESHMAN GUARD Orlagh Gormley scores two of her team-high 15 points in North Quincy's 41-35 loss to Marshfield in the second round of the Patriot Cup Saturday.

SENIOR FORWARD Fallon Hobin splits the Marshfield defense for two of her 13 points against the Rams Saturday.
Quincy Sun Photos/Robert Bosworth

More Photos From North Quincy Vs. Quincy Basketball Games



NORTH QUINCY senior guard Steve Dalla

QUINCY senior forward Jorden Edge (right)

Quincy Sun Photos/Robert Bosworth

NORTH QUINCY senior forward Agu Ugwu

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-Marian Wright Edelman

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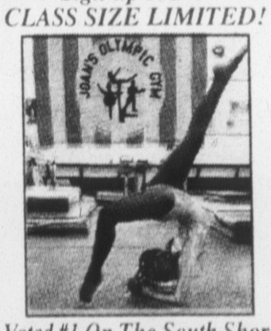

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QUINCY junior forward Coleman Ross

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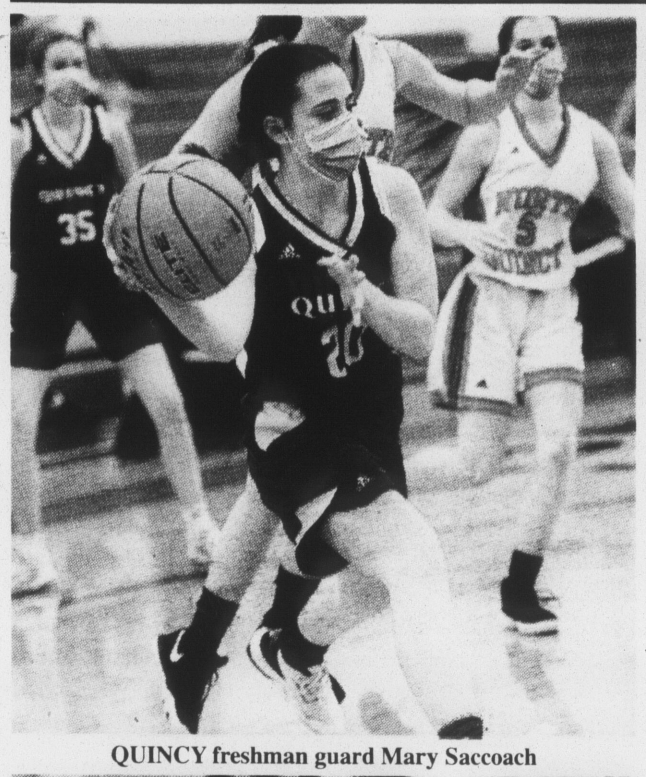
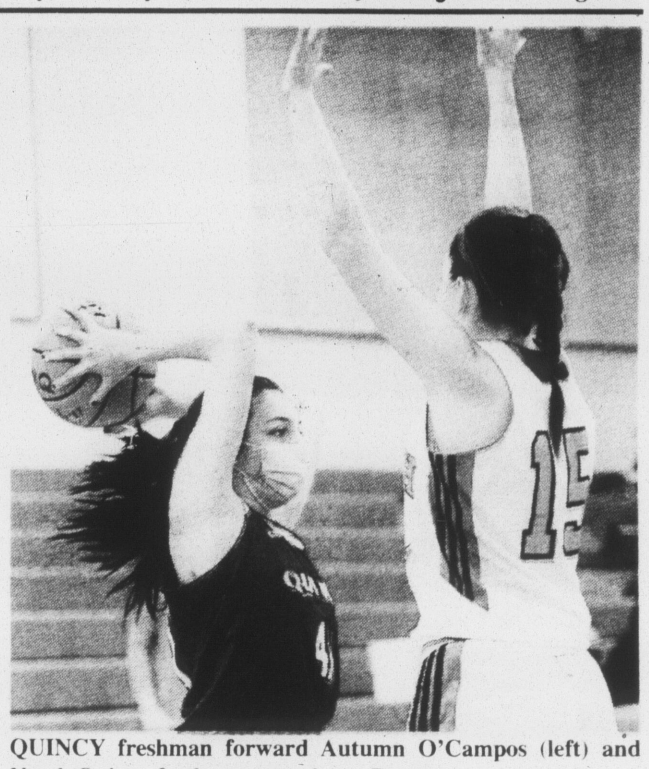


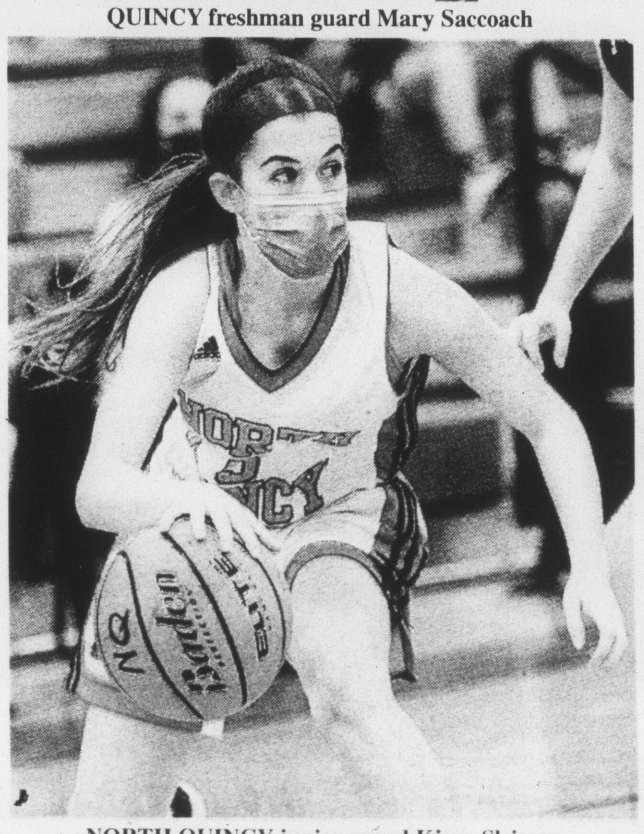
QUINCY freshman guard Mary Saccoach

NORTH QUINCY freshman guard Orlagh Gormley

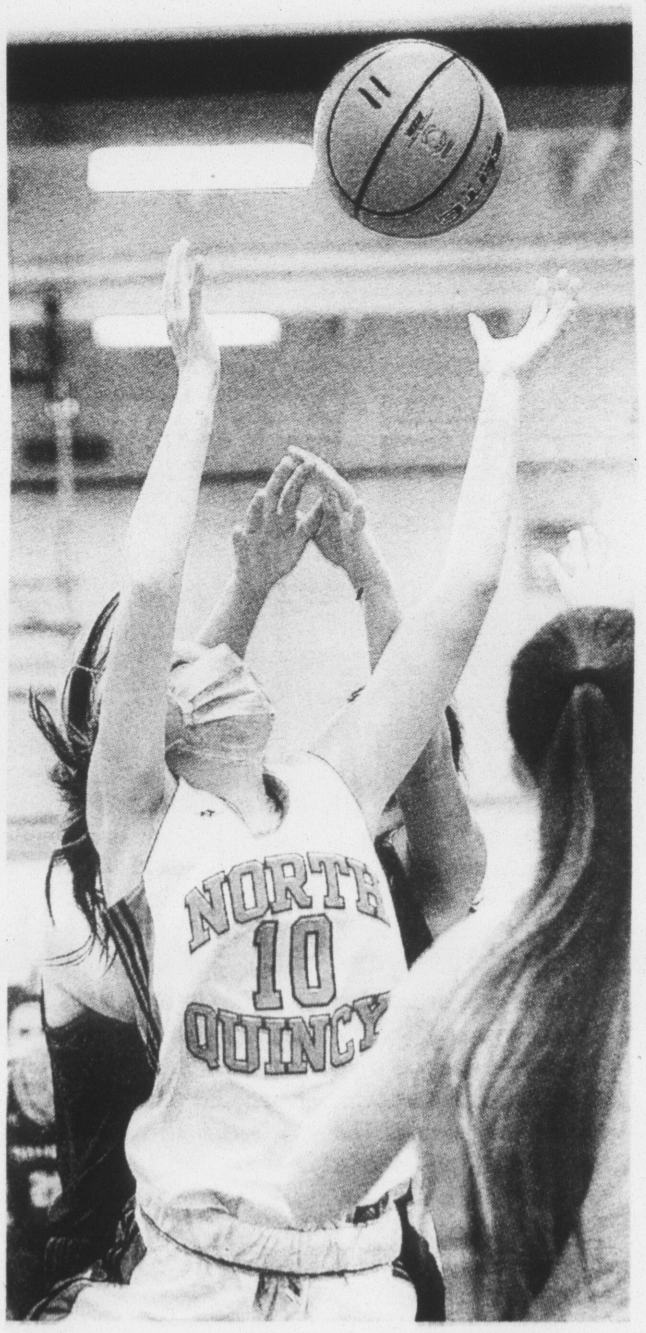
Quincy Sun Photos/Robert Bosworth



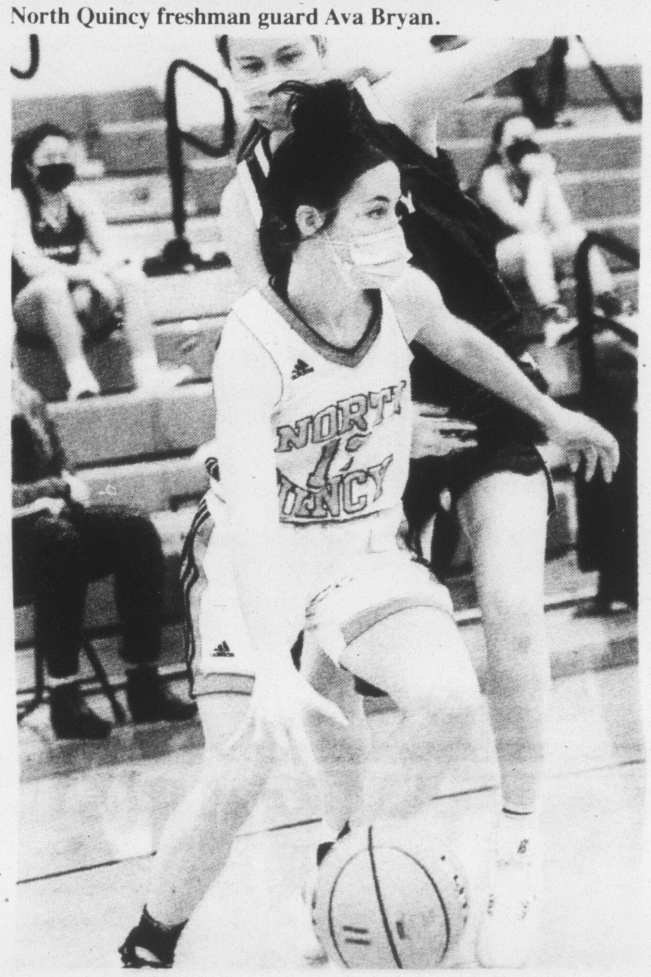
QUINCY freshman forward Autumn O'Campos (left) and North Quincy freshman guard Ava Bryan.



NORTH QUINCY junior guard Kiera Sleiman

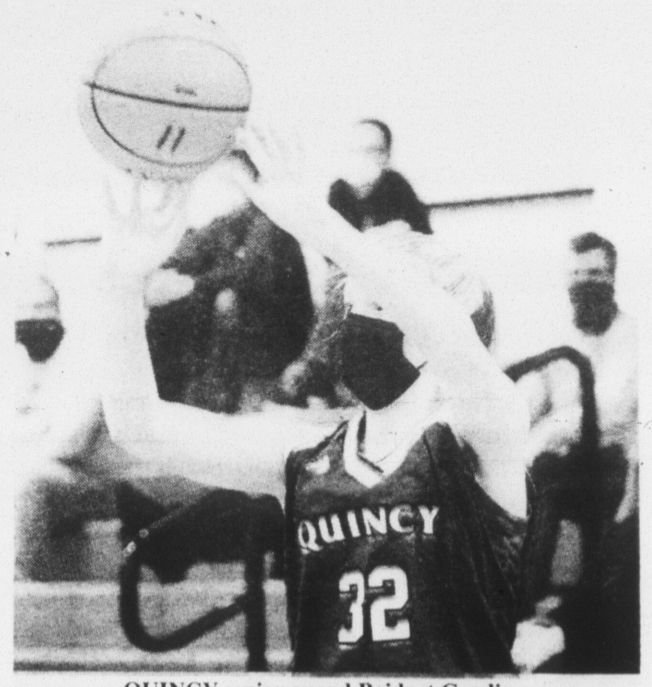


NORTH QUINCY junior guard Alex Abrahamovich



NORTH QUINCY senior guard Fallon Hobin

QUINCY senior guard Priscilla Bonica



QUINCY senior guard Bridget Gardiner

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NQ Girls Hoop Bows To Marshfield In 2nd Round

Cont'd From Page 15

Fallon Hobin extended the team's lead to 14-9 with a three-point play with 2:50 left in the first. She hit a layup and a free throw after being fouled. Gormley then hit a layup with about two minutes left and Marshfield countered with a free throw with about a minute remaining. It ended up being 18-10 after one quarter because Hobin scored on a breakaway layup with about 25 seconds remaining in the quarter.

The second quarter was neck-and-neck and the Raiders went into halftime with a 27-20 lead.

Gormley gave the Raiders a 23-13 lead with 4:24 left in the quarter on a free throw. This came after a Marshfield layup, a Hobin free throw, a Marshfield free throw, a Hobin layup and free throw since she got fouled.

Marshfield hit a layup in traffic with 3:01 remaining and North Quincy countered with a basket from Ava Bryan with 2:08 remaining. Marshfield responded with a three-pointer 15 seconds later. And while Marshfield hit a jumper with 12 seconds left, Hobin hit a pair of free throws with 2.9 seconds remaining to give her team a seven-point lead going into the second half.

Marshfield trimmed the deficit in the third quarter using a 9-0 run that included a trio of three-pointers. Since Gormley started the quarter off with a layup, this tied the game at 29 apiece. However, the Raiders led 31-29 heading into the fourth quarter because Gormley had a steal, fast break, and layup with 2:48 left in it. Neither team got a basket to land for the rest of the quarter.

Marshfield took the lead about a minute into the fourth quarter. They hit a free throw about 30 seconds into it and took the lead on a three-pointer with 6:54 remaining.

The Raiders had a hard time shooting early in the fourth quarter as Marshfield also played hard defense. Marshfield hit what ended up being the game-winning points with 4:25 left in the fourth quarter on a three-pointer.

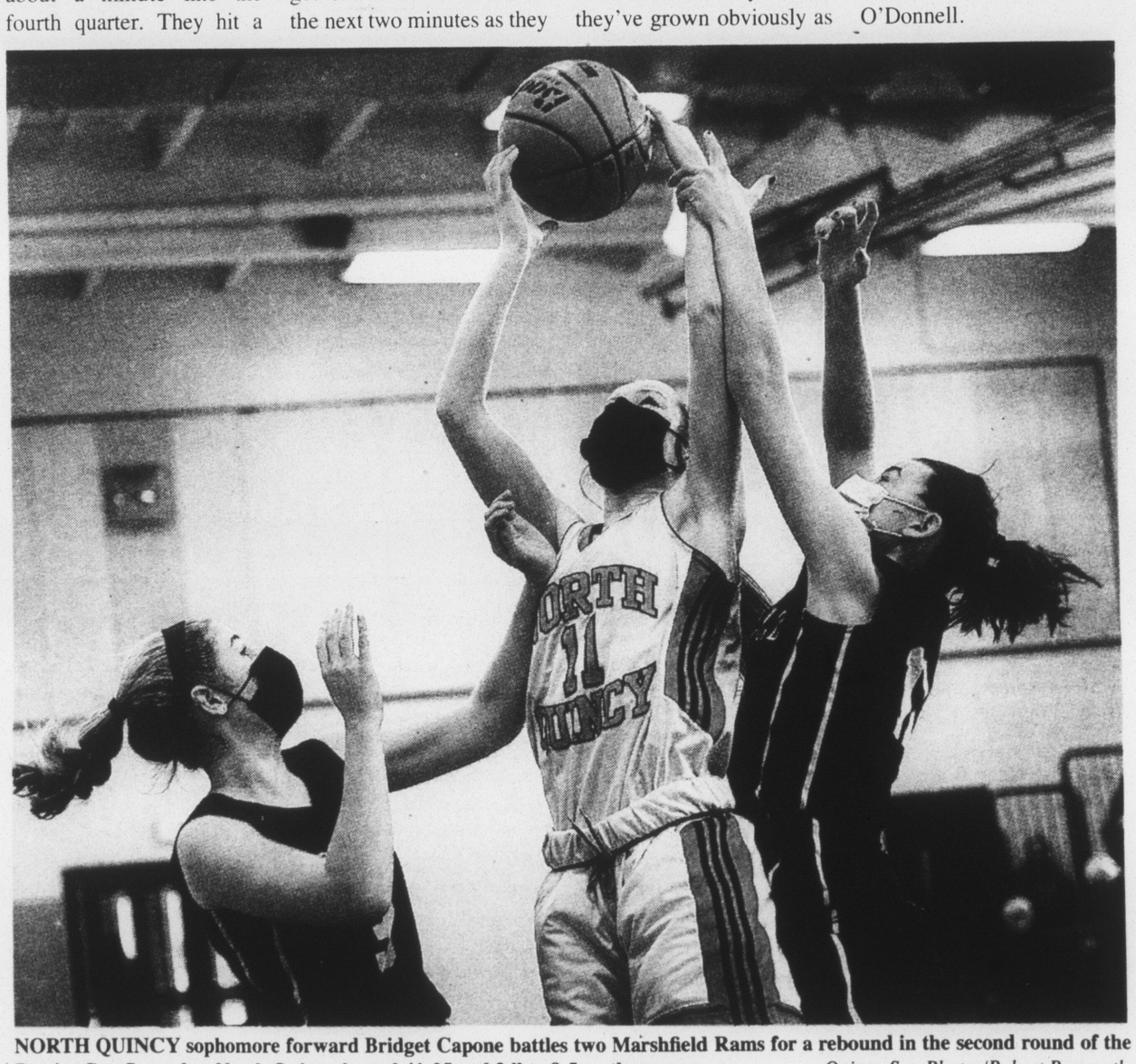
About a minute later, Gormley cut the deficit to three points with a finger roll layup. Neither team could get one in the basket over the next two minutes as they played tight defense. Marshfield scored on a finger roll layup with 1:42 left in the game. Hobin scored on a layup 11 seconds later. On the next drive, Marshfield sank a deep two-pointer, taking a 40-35 lead.

Although his team didn't come out on top, Bregoli said the game was emblematic of his team's progress because the last time they played Marshfield was last season, and that game was not nearly as competitive.

"It shows that they've worked hard all year and they've grown obviously as a team," he said. "There's a bright future. There really is."

The roster for NQ this season includes: freshman guard Orlagh Gormley, junior guard Kiera Sleiman, junior guard Alex Abrahamovich, sophomore forward Bridget Capone, senior guard Fallon Hobin, sophomore guard Mary Beth Smith, freshman guard Ava Bryan, freshman guard Mollan Toland, freshman guard Ava McGrath, junior center Bryanna White, and freshman guard Caroline O'Donnell.

FRESHMAN GUARD Ava Bryan eyes the basket as a Marshfield player defends the Rams goal.



NORTH QUINCY sophomore forward Bridget Capone battles two Marshfield Rams for a rebound in the second round of the Patriot Cup Saturday. North Quincy bowed 41-35 and fell to 8-5 on the season. *Quincy Sun Photos/Robert Bosworth*

Raiders Advance To Second Round With Win Over Duxbury

By TOM JOYCE

It could have gone either way, but the North Quincy High girls' basketball team fought for all four quarters and made sure it went their way.

The Raiders hosted the Duxbury High Dragons Feb. 11 in the first round of the Patriot Cup tournament and despite trailing with about two-and-a-half minutes left, the team played tough defense and came out on top with a 34-33 win to advance to the second round. The win put them at 8-4 on the season.

"It's the same thing as other games we've played," Raiders head coach Paul Bregoli said. "You can't rely on your defense to hold them to the 30-point range and win. We held them to 33 and we got lucky at the end because we didn't get the offensive rebound off the missed shot, but the kids again battled. That's what it's all about.

"Orlagh Gormley had 22 points. She had six steals. Fallon Hobin had a nice game defensively. Our kids kill ourselves on defense. Sometimes you're just a step late on a closeout and the kid makes it. That's just a part of the game. It's not because of a lack of effort, and if the kids play hard, that's all you can ask."

The Raiders got off to a hot start offensively, beginning things with a 10-0 run. It started when Gormley found an open lane and made a layup about 30 seconds in. She kept it going with a steal and a fast break layup with 6:30 remaining and with about 4:19 remaining, she had another steal and fast break layup. Bridget Capone drew a foul on the team's next possession with 3:53 left in the first. Gormley also scored about 25 seconds later on another fast break layup.

Duxbury snapped the drought with a basket with 3:13 left in the first. The Dragons then hit a free throw with 2:34 in the quarter. The Raiders had two more baskets in the quarter and Duxbury had one. The Raiders led 14-5 after one quarter.

Gormley started the quarter off with a score for the Raiders. She got on a fast break and drew a foul, dropping a pair of points with 7:30 left. A minute later, Duxbury grabbed a couple of offensive rebounds and got a basket. North Quincy countered with a pair of points from Fallon Hobin 40 seconds later from the free throw line after being fouled. With about 4:15, Duxbury found themselves within single digits as they hit a wide open three-pointer. With three minutes left, Duxbury made another basket, and with 2:19 left, they hit another three-pointer.

Gormley snapped the 8-0 run from Duxbury with a free throw with 1:02 remaining. She also got fouled again on a fast break with 47.5 seconds left in the quarter and made another free throw. Duxbury countered with a layup on their next drive. Duxbury cut the lead to one point at the end of the first half as a player hit a pair of free throws in the final 15 seconds of it.

Both teams played tough defense to start the second half, and Hobin got the first basket of the third quarter with 4:20 remaining on a jumper in traffic near the rim. Then about 20 seconds later Duxbury tied the game on a three-pointer. On the Raiders' next possession Kiera Sleiman made the shot for North, giving them the lead once again. With 3:02, a Duxbury player went to the free throw line and hit a shot, making it a one-point game. Duxbury would take the lead for the first time in the game with 1:07 left in the third on a three-point play: a layup and a free throw. This forced a Raiders timeout. Gormley tied the game with about 30 seconds left with a pair of free throws, tying the game at 26 apiece headed into the fourth quarter.

Gormley started the fourth off with a steal, breakaway, and a layup to give her team the lead 11 seconds into it. Duxbury then sent her to the line with 6:08 remaining and she made a pair of shots. Duxbury responded with a three-pointer with 5:56 remaining. The teams then traded layups in that same minute with Gormley scoring for the Raiders. Both teams played tough defense for the rest of the game, but Duxbury regained the lead with 2:27 remaining on a steal and a fastbreak layup. This forced a Raiders' timeout. However, Duxbury couldn't close the game out.

Hobin grabbed a rebound following a missed Duxbury three-pointer and got fouled, and went to the line for a one-and-one with 1:06 remaining. She hit both of the shots and gave her team the lead. The Raiders then played tight defense and forced Duxbury to pass the ball out-of-bounds with 39.2 seconds remaining. North Quincy couldn't score on their next possession but ate about 30 seconds of clock time. Duxbury then rushed their way down the court, but their player missed the shot and they couldn't get another one up before time expired.

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NQ Boys' Basketball Bows To W-H, 68-58

Patriot Cup Tournament Action

By TOM JOYCE

The North Quincy High boys' basketball team went up against a tough Whitman-Hanson team on the road last Saturday night and came up short.

The Raiders faced off against W-H in the second round of the Patriot Cup tournament and took a 68-58 loss. This put the team at 9-3 on the season.

In the early going, W-H had some success as they went on an 8-0 run following a layup under the basket from Agu Ugwu, who scored a team-high 18 points for the Raiders in the contest. However, Steve Dalla broke that run up with 4:57 remaining in the first on a three-pointer.

W-H responded by putting up a pair of baskets in the next two minutes from inside the paint. However, Daithi Quinn sank a three-pointer with 2:24 remaining, causing W-H to call a timeout. W-H responded with a three-pointer with 1:37 remaining and another with 1:14 left. Colm Geary snapped that 6-0 run with a wide open three-pointer with about 30 seconds remaining in the first, making it an 18-11 game.

Ugwu started the second quarter off with a three-pointer for the Raiders just over a minute into it. W-H countered with one of their own a minute later. Then Nikko Mortel got three points for the Raiders on a layup and a free throw, but W-H also hit a three-pointer on their next possession. Tyler Le then pulled the team within five points as he made a basket with 4:09 left. Whitman-Hanson came back with a three-pointer and a layup, and Steve Dalla sank a free throw with 3:06 left in the quarter to make it a nine-point game.

W-H responded from downtown once again, sinking back-to-back three-pointers, but Ugwu broke up the 6-0 run with a shot from underneath the basket. In the final two minutes of the first half, W-H put up nine more points--a three-pointer and three more shots from inside including a layup with about two seconds left. The Raiders got a three-pointer from Le and trailed 42-25 at the half.

Ugwu gave North Quin- a basket 25 seconds into second half and just r a minute into it, W-H responded with a layup and a three-pointer. W-H then had a free throw with 6:07 remaining. Daithi Quinn responded with a layup and a free throw after receiving a foul, but W-H's three-pointer on the next drive kept the margin at 19 points 51-32. Ugwu then went down the court and made a layup, but yet another three gave W-H a 20 point lead.

In response, Dalla made a layup, but W-H came back down the court and not only hit a three-pointer, but a free throw since the player who hit the shot got fouled. On the next drive, Ugwu hit a free throw, and a W-H player did the same with 2:06 left in the quarter. Then W-H took it to the basket with 1:13 remaining, but Zach Taylor got his first points of the game on a jumper with 49 seconds left. Ugwu knocked down a three-pointer with 25 seconds remaining. W-H led 61-42 at the end of three quarters.

Once again, Ugwu started the quarter off with a layup for the Raiders. He also hit a free throw with 4:30 remaining, meaning he scored each of the first three points of the fourth quarter. Quinn made it a 5-0 run with a layup up the middle and Nate Caldwell made it 8-0 with a three-pointer with 3:23 remaining.

W-H got its first points of the fourth quarter on a three with 2:06 left. Geary made a layup on the Raiders next drive, and W-H made a free throw on theirs. With about 50 seconds left, W-H made another free throw, but Mortel drove down the court and hit a three for the Red Raiders. With nine seconds left, W-H hit another layup as the clock rotted away, but Mortel sank a three-pointer as time expired to make the final score 68-58.

The roster for North Quincy this season includes: junior guard Ethan Gao, junior guard Nikko Mortel, sophomore guard Alex Pham, senior guard Tyler Le, senior guard Steve Dalla, senior guard Chuhua Zhang, junior forward/guard Luke Pierron, sophomore guard Nate Caldwell, junior center Colm Geary, senior forward Agu Agwu, freshman guard/forward Daithi Quinn, sophomore center Marcus Moore, sophomore guard Zach Taylor, sophomore center/forward Dylan Clifford, and junior guard Qunonuw Scott.

OBITUARIES

Mary C. Lee, 96

Mary Catherine Lee of Quincy died peacefully at her home on Feb. 11. She was 96.

Born in Everett on October 10, 1924, she was the eldest daughter of the late Henry William and Mary Catherine (Harrington) Lee. She graduated from Charlestown High School with the Class of 1942. Ms. Lee worked as a telephone operator for New England Telephone Company until her retirement in 1987.

She loved her friends and their frequent visits to Cafe Marliave, Lilly's Piano Bar in Quincy Market, and other hot spots in downtown Boston for dinner and drinks. Ms. Lee enjoyed weekend getaways to Cape Cod and New Hampshire. She loved her travels to San Francisco, Las Vegas, Florida and Puerto Rico. She and her friends were frequent patrons of the theater and Broadway shows. She knew all the show tunes and loved to sing. Some favorites included Frank Sinatra, Steve and Eydie, Rosemary Clooney and all the great singers. Her signature tune was "The Best of Times is Now." Sing along piano bars were her delight.

Ms. Lee was the life of holiday parties. She happily joined in all parlor games, trivia challenges and card games. She was a real-life "Auntie Mame" complete with feather boa and sparkles galore. She was a cor-

MARY C. LEE

nerstone of any family gathering, with a glass of Johnny Walker Black and water on the rocks, and a bowl of potato chips and dip. She was a generous aunt who never failed to send a birthday card to her nieces and nephews.

Perhaps the thing Ms. Lee was most well-known for was her delicious homemade fudge and penuche. Family and friends put in their requests early before any gathering.

Ms. Lee lived happily and independently for many years in Malden, and later moved to Quincy to be closer to family.

She is survived by her loving nieces and nephews and extended family.

Following cremation, Ms. Lee will be interred privately in Holy Cross Cemetery, Malden.

Memorial donations may be made to the charitable organization of one's choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

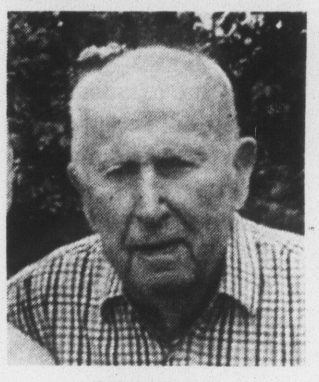
Thomas J. Shepherd, Sr.

A funeral Mass for Thomas J. Shepherd, Sr. of Quincy was celebrated Wednesday at Divine Mercy Parish in St. Ann's Church, Quincy.

Mr. Shepherd died Feb. 10.

Beloved husband of 71 years to Geraldine (Mullen) Shepherd. Father of Thomas and his wife Linda of Abington, Kevin and his wife Joan of Plymouth, Nancy Vafides of Quincy, Gerard of Quincy, Jayne Roche and her husband William of NJ, and father-in-law to Kim Shepherd of Squantum. Cherished brother-in-law of the late Mary Gibbons. Devoted grandfather of Angela Sheehan of Duxbury, Alicia Chiasson of Hanover, Kenneth Pace of Whitman, Kelly Trombley of TN, Kimberly Wheelwright of Squantum, Kyle Shepherd of South Boston, Sarah Kabongo of Abington, Taylor and Troy Shepherd of Squantum, Megan Roche of PA, Amanda Roche of NJ. Also survived by 11 great grandchildren, a niece Patricia Bowers, nephews Robert and William Morrison, all of Weymouth.

Mr. Shepherd was born in Somerville to Thomas and Bridget (Deady) in 1922. He attended school in Somerville and also attended Northeastern University.



THOMAS J. SHEPHERD, Sr.

He was a veteran of the U.S. Navy and served during WWII. He was assigned to the destroyer Richard P. Leary and served in seven invasions in the Pacific.

Mr. Shepherd was employed for 46 years in the Boston Edison where he retired as a division head of the Somerville Center. Mr. Shepherd was a member for 68 years of the Quincy Lodge of Elks #943 and served on the Veterans Committee for over 50 years. He was also a member of Morrisette Post #294.

Interment at Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to ALZ, NJ, ATTN: Development Department, 425 Eagle Rock Ave. #203, Roseland, NJ 07068 or a charity of your choice.

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More Obituaries Pages 22-24

QNQ Girls' Hockey Falls To Plymouth

By TOM JOYCE

The Quincy/North Quincy High girls' hockey team skated hard for three periods but didn't get the result they wanted.

QNQ faced off against Plymouth at The Bog in Kingston on Presidents' Day Monday in what was a one-goal game with two-and-a-half minutes left to play. Ultimately, QNQ lost the Patriot Cup quarterfinal game 5-3 and finished their season at 9-4-1.

"I thought we did everything we needed to do to win," QNQ head coach Jeff Craig said. "We had a ton of chances, but I thought we outplayed the other team. Sometimes things don't bounce the way you want them to. Their goalie is very good. It was similar."

QNQ got on the board first with a goal from Maggie Lynch with 11:30 left in the first period. However, Plymouth would end up leading 2-1 after 15 minutes of play. First, they scored with 6:39 left in the period. One of their forwards rifled the puck high into the net for a goal. Then 16 seconds later, they struck again. Plymouth won the faceoff, got a rush, and had a shot that ricocheted off the inside of the post and into the bottom right of the net to take the lead.

With three seconds left in the first, QNQ got a two-minute minor penalty, but they killed it off early in the second period. Shortly thereafter, the same thing happened to Plymouth; they got a two-minute minor for hooking. QNQ capitalized on the situation.

Coming from the right side of the ice, Lynch found an opening on the left side of the net and put the puck there to tie the game.

Plymouth had a couple of chances to take the lead in the second period, but couldn't capitalize. Senior goaltender Emma Ford made a tough save with plenty of pressure out in front of the net with 5:36 remaining. Then with 4:21 left in the second, Plymouth had a shot hit the top post; there was no goal on the play. However, Plymouth got that go-ahead goal early in the third and final period.

With 12:28 left to go, they capitalized on a second chance opportunity. One of their forwards flipped it up and into the back of the net to take a 3-2 lead.

Less than a minute after that, Plymouth's goaltender suffered an injury and was down for several minutes following an accidental collision. However, she stayed in the game and took a few warm-up shots from her teammates before things resumed.

Plymouth had another hit off the post with 8:39 left in the game and with 6:33 remaining, they had another opportunity as QNQ got a penalty. However, QNQ killed off the penalty.

With 4:18 left, QNQ had a strong scoring opportunity with a 2-on-1 rush, but Plymouth made the save.

QNQ played tough defense for the duration, and Ford stretched out to make a save with 2:22 left. However, QNQ got a five-minute major penalty that lasted for the rest of the game after the whistle blew.

With QNQ shorthanded, Plymouth tapped in another goal to go up 4-2. However, neither team was finished scoring yet.

QNQ pulled the goalie after that and Plymouth scored on an empty netter with 1:46 remaining. Just 20 seconds later, Lynch countered with her third and final goal of the game. Plymouth held on to win the game.

The game marked the final contest in a QNQ uniform for the team's lone senior: goalie Emma Ford. Craig said his team has been lucky to have her for the past three seasons.

"She's been great for us all season, and both goalies have been," he said. "We're lucky to have them. She's a great kid and she's done a lot for this program. She's been great all year."

With most of their team expected to return, Craig said he feels good about where they could end up.

"Next year, aside from Emma, we have everyone coming back," he said. "I

Cont'd On Page 21

NQ Girls Hoop Bows To Marshfield In 2nd Round

Cont'd From Page 15

Fallon Hobin extended the team's lead to 14-9 with a three-point play with 2:50 left in the first. She hit a layup and a free throw after being fouled. Gormley then hit a layup with about two minutes left and Marshfield countered with a free throw with about a minute remaining. It ended up being 18-10 after one quarter because Hobin scored on a breakaway layup with about 25 seconds remaining in the quarter.

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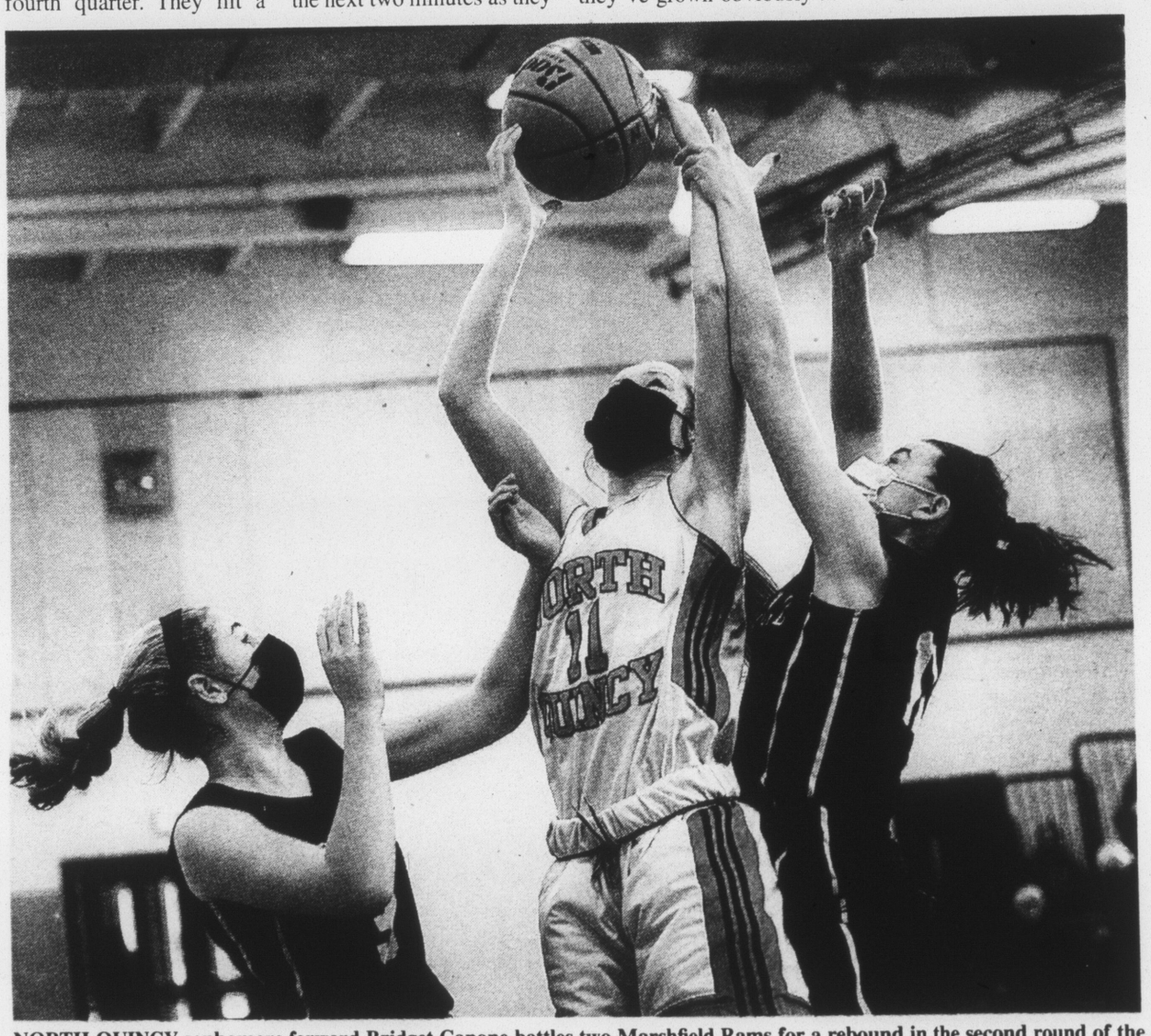
FRESHMAN GUARD Ava Bryan eyes the basket as a Marshfield player defends the Rams goal.



NORTH QUINCY sophomore forward Bridget Capone battles two Marshfield Rams for a rebound in the second round of the Patriot Cup Saturday. North Quincy bowed 41-35 and fell to 8-5 on the season. *Quincy Sun Photos/Robert Bosworth*

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By TOM JOYCE

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"It's the same thing as other games we've played," Raiders head coach Paul Bregoli said. "You can't rely on your defense to hold them to the 30-point range and win. We held them to 33 and we got lucky at the end because we didn't get the offensive rebound off the missed shot, but the kids again battled. That's what it's all about.

"Orlagh Gormley had 22 points. She had six steals. Fallon Hobin had a nice game defensively. Our kids kill ourselves on defense. Sometimes you're just a step late on a closeout and the kid makes it. That's just a part of the game. It's not because of a lack of effort, and if the kids play hard, that's all you can ask."

The Raiders got off to a hot start offensively, beginning things with a 10-0 run. It started when Gormley found an open lane and made a layup about 30 seconds in. She kept it going with a steal and a fast break layup with 6:30 remaining and with about 4:19 remaining, she had another steal and fast break layup. Bridget Capone drew a foul on the team's next possession with 3:53 left in the first. Gormley also scored about 25 seconds later on another fast break layup.

Duxbury snapped the drought with a basket with 3:13 left in the first. The Dragons then hit a free throw with 2:34 in the quarter. The Raiders had two more baskets in the quarter and Duxbury had one. The Raiders led 14-5 after one quarter.

Gormley started the quarter off with a score for the Raiders. She got on a fast break and drew a foul, dropping a pair of points with 7:30 left. A minute later, Duxbury grabbed a couple of offensive rebounds and got a basket. North Quincy countered with a pair of points from Fallon Hobin 40 seconds later from the free throw line after being fouled. With about 4:15, Duxbury found themselves within single digits as they hit a wide open three-pointer. With three minutes left, Duxbury made another basket, and with 2:19 left, they hit another three-pointer.

Gormley snapped the 8-0 run from Duxbury with a free throw with 1:02 remaining. She also got fouled again on a fast break with 47.5 seconds left in the quarter and made another free throw. Duxbury countered with a layup on their next drive. Duxbury cut the lead to one point at the end of the first half as a player hit a pair of free throws in the final 15 seconds of it.

Both teams played tough defense to start the second half, and Hobin got the first basket of the third quarter with 4:20 remaining on a jumper in traffic near the rim. Then about 20 seconds later Duxbury tied the game on a three-pointer. On the Raiders' next possession Kiera Sleiman made the shot for North, giving them the lead once again. With 3:02, a Duxbury player went to the free throw line and hit a shot, making it a one-point game. Duxbury would take the lead for the first time in the game with 1:07 left in the third on a three-point play: a layup and a free throw. This forced a Raiders timeout. Gormley tied the game with about 30 seconds left with a pair of free throws, tying the game at 26 apiece headed into the fourth quarter.

Gormley started the fourth off with a steal, breakaway, and a layup to give her team the lead 11 seconds into it. Duxbury then sent her to the line with 6:08 remaining and she made a pair of shots. Duxbury responded with a three-pointer with 5:56 remaining. The teams then traded layups in that same minute with Gormley scoring for the Raiders. Both teams played tough defense for the rest of the game, but Duxbury regained the lead with 2:27 remaining on a steal and a fastbreak layup. This forced a Raiders' timeout. However, Duxbury couldn't close the game out.

Hobin grabbed a rebound following a missed Duxbury three-pointer and got fouled, and went to the line for a one-and-one with 1:06 remaining. She hit both of the shots and gave her team the lead. The Raiders then played tight defense and forced Duxbury to pass the ball out-of-bounds with 39.2 seconds remaining. North Quincy couldn't score on their next possession but ate about 30 seconds of clock time. Duxbury then rushed their way down the court, but their player missed the shot and they couldn't get another one up before time expired.

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NQ Boys' Basketball Bows To W-H, 68-58

Patriot Cup Tournament Action

By TOM JOYCE

The North Quincy High boys' basketball team went up against a tough Whitman-Hanson team on the road last Saturday night and came up short.

The Raiders faced off against W-H in the second round of the Patriot Cup tournament and took a 68-58 loss. This put the team at 9-3 on the season.

In the early going, W-H had some success as they went on an 8-0 run following a layup under the basket from Agu Ugwu, who scored a team-high 18 points for the Raiders in the contest. However, Steve Dalla broke that run up with 4:57 remaining in the first on a three-pointer.

W-H responded by putting up a pair of baskets in the next two minutes from inside the paint. However, Daithi Quinn sank a three-pointer with 2:24 remaining, causing W-H to call a timeout. W-H responded with a three-pointer with 1:37 remaining and another with 1:14 left. Colm Geary snapped that 6-0 run with a wide open three-pointer with about 30 seconds remaining in the first, making it an 18-11 game.

Ugwu started the second quarter off with a three-pointer for the Raiders just over a minute into it. W-H countered with one of their own a minute later. Then Nikko Mortel got three points for the Raiders on a layup and a free throw, but W-H also hit a three-pointer on their next possession. Tyler Le then pulled the team within five points as he made a basket with 4:09 left. Whitman-Hanson came back with a three-pointer and a layup, and Steve Dalla sank a free throw with 3:06 left in the quarter to make it a nine-point game.

W-H responded from downtown once again, sinking back-to-back three-pointers, but Ugwu broke up the 6-0 run with a shot from underneath the basket. In the final two minutes of the first half, W-H put up nine more points--a three-pointer and three more shots from inside including a layup with about two seconds left. The Raiders got a three-pointer from Le and trailed 42-25 at the half.

Ugwu gave North Quincy a basket 25 seconds into the second half and just over a minute into it, W-H responded with a layup and a three-pointer. W-H then had a free throw with 6:07 remaining. Daithi Quinn responded with a layup and a free throw after receiving a foul, but W-H's three-pointer on the next drive kept the margin at 19 points 51-32. Ugwu then went down the court and made a layup, but yet another three gave W-H a 20 point lead.

In response, Dalla made a layup, but W-H came back down the court and not only hit a three-pointer, but a free throw since the player who hit the shot got fouled. On the next drive, Ugwu hit a free throw, and a W-H player did the same with 2:06 left in the quarter. Then W-H took it to the basket with 1:13 remaining, but Zach Taylor got his first points of the game on a jumper with 49 seconds left. Ugwu knocked down a three-pointer with 25 seconds remaining. W-H led 61-42 at the end of three quarters.

Once again, Ugwu started the quarter off with a layup for the Raiders. He also hit a free throw with 4:30 remaining, meaning he scored each of the first three points of the fourth quarter. Quinn made it a 5-0 run with a layup up the middle and Nate Caldwell made it 8-0 with a three-pointer with 3:23 remaining.

W-H got its first points of the fourth quarter on a three with 2:06 left. Geary made a layup on the Raiders next drive, and W-H made a free throw on theirs. With about 50 seconds left, W-H made another free throw, but Mortel drove down the court and hit a three for the Red Raiders. With nine seconds left, W-H hit another layup as the clock rotted away, but Mortel sank a three-pointer as time expired to make the final score 68-58.

The roster for North Quincy this season includes: junior guard Ethan Gao, junior guard Nikko Mortel, sophomore guard Alex Pham, senior guard Tyler Le, senior guard Steve Dalla, senior guard Chuhua Zhang, junior forward/guard Luke Pierron, sophomore guard Nate Caldwell, junior center Colm Geary, senior forward Agu Agwu, freshman guard/forward Daithi Quinn, sophomore center Marcus Moore, sophomore guard Zach Taylor, sophomore center/forward Dylan Clifford, and junior guard Qunonuw Scott.

OBITUARIES

Mary C. Lee, 96

Mary Catherine Lee of Quincy died peacefully at her home on Feb. 11. She was 96.

Born in Everett on October 10, 1924, she was the eldest daughter of the late Henry William and Mary Catherine (Harrington) Lee. She graduated from Charlestown High School with the Class of 1942. Ms. Lee worked as a telephone operator for New England Telephone Company until her retirement in 1987.

She loved her friends and their frequent visits to Cafe Marliave, Lilly's Piano Bar in Quincy Market, and other hot spots in downtown Boston for dinner and drinks. Ms. Lee enjoyed weekend getaways to Cape Cod and New Hampshire. She loved her travels to San Francisco, Las Vegas, Florida and Puerto Rico. She and her friends were frequent patrons of the theater and Broadway shows. She knew all the show tunes and loved to sing. Some favorites included Frank Sinatra, Steve and Eydie, Rosemary Clooney and all the great singers. Her signature tune was "The Best of Times is Now." Sing along piano bars were her delight.

Ms. Lee was the life of holiday parties. She happily joined in all parlor games, trivia challenges and card games. She was a real-life "Auntie Mame" complete with feather boa and sparkles galore. She was a cornerstone of any family gathering, with a glass of Johnny Walker Black and water on the rocks, and a bowl of potato chips and dip. She was a generous aunt who never failed to send a birthday card to her nieces and nephews.

MARY C. LEE

Perhaps the thing Ms. Lee was most well-known for was her delicious homemade fudge and penuche. Family and friends put in their requests early before any gathering.

Ms. Lee lived happily and independently for many years in Malden, and later moved to Quincy to be closer to family.

She is survived by her loving nieces and nephews and extended family.

Following cremation, Ms. Lee will be interred privately in Holy Cross Cemetery, Malden.

Memorial donations may be made to the charitable organization of one's choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Thomas J. Shepherd, Sr.

A funeral Mass for Thomas J. Shepherd, Sr. of Quincy was celebrated Wednesday at Divine Mercy Parish in St. Ann's Church, Quincy.

Mr. Shepherd died Feb. 10.

Beloved husband of 71 years to Geraldine (Mullen) Shepherd. Father of Thomas and his wife Linda of Abington, Kevin and his wife Joan of Plymouth, Nancy Vafides of Quincy, Gerard of Quincy, Jayne Roche and her husband William of NJ, and father-in-law to Kim Shepherd of Squantum. Cherished brother-in-law of the late Mary Gibbons. Devoted grandfather of Angela Sheehan of Duxbury, Alicia Chiasson of Hanover, Kenneth Pace of Whitman, Kelly Trombley of TN, Kimberly Wheelwright of Squantum, Kyle Shepherd of South Boston, Sarah Kabongo of Abington, Taylor and Troy Shepherd of Squantum, Megan Roche of PA, Amanda Roche of NJ. Also survived by 11 great grandchildren, a niece Patricia Bowers, nephews Robert and William Morrison, all of Weymouth.

Mr. Shepherd was born in Somerville to Thomas and Bridget (Deady) in 1922. He attended school in Somerville and also attended Northeastern University.

THOMAS J. SHEPHERD, Sr.

He was a veteran of the U.S. Navy and served during WWII. He was assigned to the destroyer Richard P. Leary and served in seven invasions in the Pacific.

Mr. Shepherd was employed for 46 years in the Boston Edison where he retired as a division head of the Somerville Center. Mr. Shepherd was a member for 68 years of the Quincy Lodge of Elks #943 and served on the Veterans Committee for over 50 years. He was also a member of Morrisette Post #294.

Interment at Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to ALZ, NJ, ATTN: Development Department, 425 Eagle Rock Ave. #203, Roseland, NJ 07068 or a charity of your choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

More Obituaries Pages 22-24

QNQ Girls' Hockey Falls To Plymouth

By TOM JOYCE

The Quincy/North Quincy High girls' hockey team skated hard for three periods but didn't get the result they wanted.

QNQ faced off against Plymouth at The Bog in Kingston on Presidents' Day Monday in what was a one-goal game with two-and-a-half minutes left to play. Ultimately, QNQ lost the Patriot Cup quarterfinal game 5-3 and finished their season at 9-4-1.

"I thought we did everything we needed to do to win," QNQ head coach Jeff Craig said. "We had a ton of chances, but I thought we outplayed the other team. Sometimes things don't bounce the way you want them to. Their goalie is very good. It was similar."

QNQ got on the board first with a goal from Maggie Lynch with 11:30 left in the first period. However, Plymouth would end up leading 2-1 after 15 minutes of play. First, they scored with 6:39 left in the period. One of their forwards rifled the puck high into the net for a goal. Then 16 seconds later, they struck again. Plymouth won the faceoff, got a rush, and had a shot that ricocheted off the inside of the post and into the bottom right of the net to take the lead.

With three seconds left in the first, QNQ got a two-minute minor penalty, but they killed it off early in the second period. Shortly thereafter, the same thing happened to Plymouth; they got a two-minute minor for hooking. QNQ capitalized on the situation.

Coming from the right side of the ice, Lynch found an opening on the left side of the net and put the puck there to tie the game.

Plymouth had a couple of chances to take the lead in the second period, but couldn't capitalize. Senior goaltender Emma Ford made a tough save with plenty of pressure out in front of the net with 5:36 remaining. Then with 4:21 left in the second, Plymouth had a shot hit the top post; there was no goal on the play. However, Plymouth got that go-ahead goal early in the third and final period.

With 12:28 left to go, they capitalized on a second chance opportunity. One of their forwards flipped it up and into the back of the net to take a 3-2 lead.

Less than a minute after that, Plymouth's goaltender suffered an injury and was down for several minutes following an accidental collision. However, she stayed in the game and took a few warm-up shots from her teammates before things resumed.

Plymouth had another hit off the post with 8:39 left in the game and with 6:33 remaining, they had another opportunity as QNQ got a penalty. However, QNQ killed off the penalty.

With 4:18 left, QNQ had a strong scoring opportunity with a 2-on-1 rush, but Plymouth made the save.

QNQ played tough defense for the duration, and Ford stretched out to make a save with 2:22 left. However, QNQ got a five-minute major penalty that lasted for the rest of the game after the whistle blew.

With QNQ shorthanded, Plymouth tapped in another goal to go up 4-2. However, neither team was finished scoring yet.

QNQ pulled the goalie after that and Plymouth scored on an empty netter with 1:46 remaining. Just 20 seconds later, Lynch countered with her third and final goal of the game. Plymouth held on to win the game.

The game marked the final contest in a QNQ uniform for the team's lone senior: goalie Emma Ford. Craig said his team has been lucky to have her for the past three seasons.

"She's been great for us all season, and both goalies have been," he said. "We're lucky to have them. She's a great kid and she's done a lot for this program. She's been great all year."

With most of their team expected to return, Craig said he feels good about where they could end up.

"Next year, aside from Emma, we have everyone coming back," he said. "I

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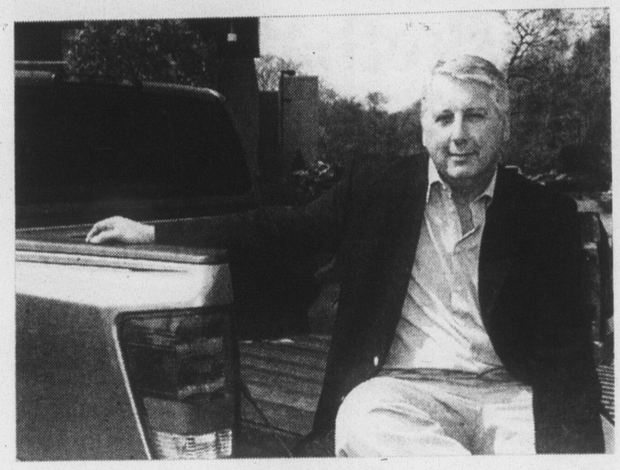
Car Auctions, Locking Lug Nuts, Paint-Less Dent Removal

Ask John Paul: AAA New England's Car Doctor



JOHN PAUL
AAA's Car Doctor

I have been watching the car auctions on television and all the cars look great. Would you ever buy a car from an online auction? I really would like a mid-60s pickup truck and many cross the auctions. I recently saw an auction of an entire museum out of Florida and the cars and trucks looked outstanding.

People buy vehicles at online auctions all the time and as long as you have an idea what you are getting and where it is coming from, I think you are generally not taking too much of a chance. I understand the idea of an antique pickup truck especially from the 1960s that is old enough to be fun, but useful enough to go to the home improvement store. I think the auction you may have seen was the Muscle Car Auction out of Florida. I visited that museum in Punta Gorda and the vehicles were in many cases nearly perfect. That being said they were set up for a museum environment and I'm sure at the least the fuel system, cooling system and brake systems would need refreshing.

I own a 2018 Mercedes Benz and recently I noticed the highway exit numbers have changed. My question is, would the update to the factory GPS be covered under my warranty?

Yes, exit numbers will be changing as to comply with a 2009 mandate from the Federal Highway Administration for all states to have exit numbers match mile markers. This method will allow motorist to know the distance between exits or the mile to a destination. In addition, it should be easier to locate motorists if they break down. The old numbers are required to be posted for two years after the exit number has been updated. Since the navigation system is operating as it was designed it would not be covered under the warranty. I recently evaluated a 2021 Mercedes Benz GLC and the navigation system in this brand-new vehicle had the old exit numbers. At this point all you can do is contact Mercedes Benz customer care and ask about an upgrade to the software.

I have 2010 Mazda 3 and the rear shock mount broke. My question is should I replace both rear mounts? The car has fairly low miles for its age and I do plan on keeping t for a while.

The mount is actually part of the rear shock, so in this case since the car is 11 years old, replacing both shocks would be money well spent. At the same time, it would be a good idea to give the car a thorough undercarriage inspection just to make sure there are no structural issues that you need to be concerned about.

I was going through the garage at my dad's house and found a case of 20W-50 Castrol oil. The case was never opened and the cans (yes cans and even a spout) are in good shape. I remember this was the oil that we used in all of our vehicles when I was a kid. We even used it in my motorcycle. My question is can I still use this oil?

I get this question periodically, the oil you have is at least 30 or more years old. Today's engines require more sophisticated oil with specific additives. You are better off trying to sell or trade the oil to an oil can collector. I looked on eBay and Castrol GTX 20W-50 oil had starting bids of $8 or more per can, if you can get close to that per can, you can pay for the proper oil (and even upgrade to synthetic oil) for your newer vehicles.

I have a Jeep and the battery was going dead. I found that for whatever reason the radio was staying on. I looked at wiring and plugs and finally just unplugged the radio. With COVID-19 I don't drive much, but driving without a radio, especially in a Jeep is painful. Any ideas?

Depending on the age, some 2002-2008 Jeeps were prone to an internal shorting of the ignition switch. When this happens even with the key off, power is still supplied to some accessory circuits. Testing the connections from the ignition switch should confirm the problem.

Weird situation: Somebody has been loosening lug nuts on vehicles parked outside in my driveway. The two front tires on one vehicle, and another lug nut was found on the ground from a car my son had just bought. I know, right? My son was telling me about locking lug nuts. Before I invest in these for all five vehicles, I wanted to know what you know.

Locking lugs would at least keep you from having your tires stolen—usually. They use a special designed lug-nut that requires a special adaptor/key to be used to remove them. You typically put one on each wheel. The only one issue is that you do need to "hide" the key in the car just in case you get a flat tire, and you need to put on a spare. Many times, we end up towing a car because the owner cannot find the key. At this point I would report the incident to the police, recheck all of the lug-nuts for proper tightness (torque) and maybe buy a wireless security camera.

I have a 2017 Corolla. It is in pretty good shape except for a couple of minor dings on the passenger door and driver's door. What is the best way to remove them without spending a fortune at a body shop?

If it is just dents and dings, I have had good luck with paint-less dent removal. This procedure a technician pushes the dent out with special tool from behind the dented body panel. If the paint is cracked or scratched, there are mobile paint touch up companies. Some dent shops and vehicle detail shops do this as well. If you cannot find one check with local car dealerships, many dealers contract with these types of mobile services.

Last year I bought a 2019 Kia Soul with under 4,000 miles. I noticed the engine has a "whirring" sound when driving or when I take my foot off the gas. I mentioned it to a Kia dealer when I took my car in for an oil change. They said it is normal. Is it normal for this turbocharged engine to sound this way?

When the turbocharger "spools" up it will make a unique noise, but it shouldn't be objectionable, noticeable yes but not say loud enough where you hear it over a radio set at normal volume. At this point you have it documented with the dealer (some of these models also had transmission issues which make a whining noise). If something happens your used Kia has a very good warranty. If it gets louder then let the dealer know it is a problem and it needs to be repaired.

I have a 2008 Jeep Patriot and from time to time the check engine light comes on and the gas pedal feels flat and unresponsive. I had the codes checked the consensus is the engine needs a new throttle body. It is pretty expensive at about $400. Is there any other way around this, the repair looks fairly easy.

It certainly is possible the throttle body is faulty, and a used part or aftermarket throttle body may be a cheaper way to go. Before spending any money, check and clean all of the electrical connections to the throttle body. I have seen some poor connections that cause this exact issue.

I own a hybrid 2013 LE Camry with only 27,000 miles and the dealer wants to power flush the transmission fluid and change the filter. How can this be, since the owner's manual states the fluid has a 100,000-mile life unless you do heavy towing which I don't. The dealer said the work needs to be performed because the car is eight years old and fluids have a shelf life. They also stated the car needs a radiator flush and a brake fluid change. I said no. Did I do the right thing?

According to the maintenance records I have for the Camry hybrid, there is no indication that the transmission fluid needs to be changed at this time. The brake fluid doesn't have a service interval and the coolant has a 100,000-mile service interval. Unless these vital fluids show signs of degradation, there is not a need to change them at this time. Although not directly related, there has been a couple of problems with the brake vacuum power booster leaking that may be worth watching. If you did opt to change the fluids, there wouldn't have been any harm other than to your wallet.

Almost 15 years ago we purchased a Toyota RAV4. It has a four-cylinder engine and currently it has only 99,000 miles on it. I took it in for the usual service and I had them check for a whining noise. They checked everything and agreed they heard it but couldn't find anything wrong. They checked the car from top to bottom and didn't find anything mechanical and there are no lights on the instrument panel. The noise happens at low speeds and it is driving me nuts, any ideas?

I would start by driving with a technician so you can demonstrate the noise. Once they hear the noise I would remove the serpentine drive belt (just for a minute for testing) and see if the noise goes away. I suspect the issue is a noisy idler pulley. Over the years Toyota has come up with a new design pulley and mounting bolts and washers.

This seems like a simple question but I'm getting different answers. My car calls for 33 pounds of tire pressure. Sometimes it will reach all the way up to 39 PSI. Do I have to adjust for those times and what is the detriment if I don't?

I commend you for checking your vehicle tires as often as you do. You should check the tire pressure monthly and adjust the pressure when the tires are cool. Driving will raise the tire pressure and that is built into the pressure calculation. Set the tires at 33 PSI and check them again each month before you drive any long distances that would warm up the tires.

My friend has a 2012 Nissan Juke that she bought used about five years ago. Almost as long as she has owned the car the check engine light has been on. Occasionally it will go off but lately it never goes off. Carol has brought the Juke to numerous mechanics and it has been hooked up to all forms of computers. Shops have replaced sensors but otherwise the consensus is that no one knows what's the problem. However, this year the car would not pass inspection because of the light and she did another round of mechanic visits. She was told no one could figure out the problem. The last mechanic told her she needed to replace her engine. The car runs fine, no knocking or noises and it doesn't blow smoke from the exhaust. I am wondering if you have any suggestions of the next step she could take. She is retired and can't afford a new car or to replace an engine but without it being able to pass inspection she is at an impasse.

I think your friend should start by finding a different repair shop. Saying they do not know what is wrong or it needs an engine without a reason tells me that they just don't know how to fix it. Most states that require vehicle inspection have financial hardship exemptions. Before I pursued that route, I would find a repair shop that can diagnose and depending on the result repair the car. You will need to have this work performed prior to applying for an exemption. In most cases the repairs or diagnosis needs to be performed at a state certified repair shop.

I heard you on your radio show podcast talking about the Ford Mustang Mach-e, but I was confused if you liked it or not. In the next year, maybe two I'm thinking about an electric car and the Mustang intrigues me.

Perhaps it is my age, but to me a Mustang should have two doors, a V-8 engine and snarling exhaust. When I drove the Mustang Mach-e, it was fast, handled well, nicely designed infotainment system and very good ergonomics. The hatchback was handy as was the useful front trunk. During my road test, I got the most response from Tesla owners who all gave it a thumbs up. There was nothing about the Mustang Mach-e I did not like, well maybe the name.

I have a 2019 Lexus RX 350. The navigation has a weird problem that Lexus hasn't figured out. When on a

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PAUL'S AUTO BODY
384 Centre St., Quincy 617-471-6280
Open Mon-Fri 8AM - 5PM
(Walking distance from Quincy Adams T Station)
Expert Repairs on All Makes & Models
Insurance Estimates
Auto Glass Installed
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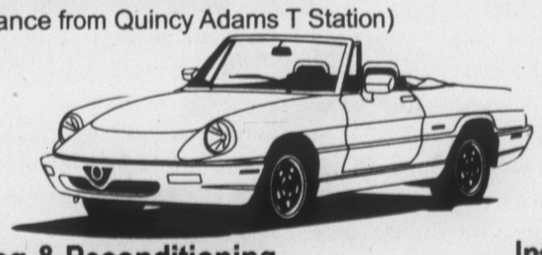
$25.00 OFF
ANY DETAILING SERVICE OVER $100.00
Cannot be combined with other offers
One coupon per visit
Expert Color Matching
Licensed Dealer
Pre-Owned Vehicles
Insurance Rentals Available

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Ask John Paul: AAA New England's Car Doctor

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highway the screen will show rest areas, it will not show highway exits. It completely skips it and shows the next non-highway exit. Any idea what the problem is?

I agree that this is weird. I have checked for technical service bulletin specific to the GPS and mapping and found none. The first thing I would do is drive the same route with both the factory GPS and at the same time using maps on a phone and see how they compare. I have seen that occasionally that the mapping data is just wrong. If the phone and the GPS do not agree then I would see if Lexus can update the software in the unit. According to the database that I use Lexus used two different systems (depending on the infotainment system), one used a hard drive the other used a SD card. I would see the dealer is willing to add new software updates or send the hard drive out for new software.

I am always doing projects around the house and I have a small SUV but sometimes I need to carry sheetrock or plywood and was considering a trailer. I don't really want to buy a pick-up truck because the SUV although hardly new runs great. What do you think?

Certainly, a five by eight open trailer could work. Even a enclosed cargo trailer is a possibility and it could be used for storage. The problem with trailers is they also require maintenance, as well as having some place to keep them. I made a trailer once and it ended up being used so infrequently the wheel bearings seized up. Years ago, someone gave me this suggestion. As long as what you are carrying is not to heavy, the roof makes a great place to carry items. Use an eggcrate style mattress pad on the roof; this will protect the paint and cushion and hold what you are carrying. Use ratchet style straps run around the objects and roof. Tighten everything up and close the doors and off you go. This has worked for me for years.

Free Estate Planning Zoom Session March 9

The Bank of Canton invites you to learn how to preserve your independence and protect your assets from risk and uncertainty, with an estate plan.

Join Peter J. Fredericksen of B.O.C. Life Solutions (a licensed subsidiary of Bank of Canton) for an online, interactive Zoom session on Tuesday, March 9, from noon to 1 p.m.

The online event is free and open to the public. Login information will be shared with those who RSVP. Call 781-830-6152.

QNQ Girls Hockey Falls To Plymouth

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think that success will lend itself to next season and our offseason too and the work we put in this offseason to get better."

"Next year won't be the situation where we're skating nine kids," he added, referring to the team adding more freshmen and eighth-graders to their roster next season. "They got used to it this year, but it'll be nice. Sometimes I just get tired watching those kids out there."

With a small roster this season, Craig said the experience his girls gained playing big minutes on the ice this season will be beneficial next season.

"It's huge," he said. "We had three eighth-graders. To get a high school season where we played 14 games and practice every day, kids who play youth hockey don't have that stuff. It's huge, a huge experience. Some of these kids, I forget are in eighth grade, or I think they're an upperclassman because I had them in eighth grade. It's huge, that experience for them."

Craig also said he looks forward to a season with a structure resembling past seasons: at least 20 games in the regular season, fans in attendance, and an MIAA postseason tournament.

"It's a nice thought," he said. "I was talking to one of my assistant coaches about it. Hopefully, back to normal with big crowds, national anthems, and all that. It's gonna be a fun year next year. I just told the girls that I couldn't be more proud of any team I've coached of how they handled the situation. They never complained. We were able to have a season and playoffs. If you told me four months ago that we'd have this season and success, I wouldn't have believed it.

"Not one kid complained about wearing a mask, wearing the equipment on the bus, only going into the rink five minutes ahead of time, and not having a locker room," he added. "They didn't say a word. I'm definitely proud of that. You wouldn't have known how unnormal this situation was because of how normal the kids acted. I don't know if other towns are the same way. But you have staggered seating on the bus, no food or drinks, and the windows down. But I'm really looking forward to next year and hopefully being back to normal."

Craig also said he wanted to thank assistant coaches Kyle Craig and Katie Mulligan for all of their hard work this season and said they made his job much easier.

The QNQ roster this season included: sophomore goalie Hailey Concannon, junior defender Morgan Novak, junior forward Madilyn Bailey, freshman defender Molly Carroll, freshman defender Caroline Snyder, eighth grade forward Shea Nolan, eighth grade forward Daniella McCarthy, sophomore forward Maggie Lynch, eighth grade forward Chloe Melchin, sophomore defender Katelyn Stirling, sophomore defender Maggie Dineen, sophomore defender Abigail Newton, sophomore forward Angel Bresnahan, junior forward Orla O'Driscoll, and senior goalie Emma Ford.

Companions Of Older Residents Can Get COVID-19 Vaccine

Cont'd From Page 9

select the option "I am accompanying someone who is age 75+ to their vaccination appointment and my appointment is the same day."

Individuals can also call 2-1-1 if they have trouble with internet access.

Mass vaccination locations will make every effort to take both individuals together to minimize wait time, even if the appointment times are not identical, Baker said.

Only one companion is allowed to schedule an appointment with the resident over the age of 75. A companion can receive their first vaccine dose if the person they are accompanying is receiving their second dose.

Baker on Feb. 10 also announced two more mass vaccination centers would open later this month. Both will be open to all eligible Massachusetts residents.

The first new mass vaccination site will open at the Natick Mall on Feb. 22. It will have initial capacity for 500 vaccinations a day, which will increase to 3,000 daily doses over several weeks.

The second new site is at Circuit City in Dartmouth and will open on Feb. 24. The site will have capacity for 500 doses at first, which will scale up to 2,000 daily doses.

Residents will be able to book appointments for both sites starting Thursday.

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING

In Accordance with the provisions of MGL Ch. 131. C. 40, the Wetlands Protection Act, and the Quincy Wetlands Protection Ordinance, The Quincy Conservation will hold a Remote Public Hearing on Wednesday March 3, 2021 at 5:30 PM. This Remote Public Meeting will be conducted using Remote Meeting Access using Zoom Video Communication, Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video link is below. For those without access to Zoom, the directions for access via telephone are also below.

To Consider a Notice of Intent filed by Melissa and Michael C. Burns to raze the existing single family dwelling with attached garage and to construct a new single family home with attached garage at 111 Essex Street North Quincy, Massachusetts 02171 within Land Subject to Coastal Storm Flowage (LSCSF) No work will be performed in a Flood Hazard Zone and there are no wetlands on the Property site.

Plans and specifications may be reviewed online by logging on the City of Quincy's View Permit https://quincyma.viewpointcloud.com/. Call (617) 376-1367 for further assistance.

To be published one time in the Quincy Sun on Thursday, February 18, 2021 .

ZOOM Video Communication link for this meeting:

Join Zoom Meeting
https:/zoom.us/j99455853703?pwd=NSswNk9RVXh4aDF3bjQ4enllZG83UT09
Meeting ID: 994 5585 3703
Passcode: Quincy
Dial by phone; + 1 646 558 8656
Password: 707261

Find your local number; https://zoom.us/u/aouF790bM

2/18/21

NOTICE OF PUBLIC HEARING

Notice of Public Hearing
February 11, 2021
2021-012

The Quincy City Council will hold a Public Hearing, on Monday, March 1, 2021 at 7:25 PM in accordance with Governor Charles D. Baker March 10, 2020 order suspending certain provisions of the Open Meeting Law, GL. C. 30A section 20, The Quincy City Council will be convening, via remote conferencing services that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access in reference to a petition from National Grid for gas main location.

Massachusetts Electric Company and Verizon New England, INC.
Requests permission to erect and maintain poles and wires to be placed thereon, together with such sustaining and protecting fixtures as said Companies may deem necessary to be owned and used in common by your petitioners, in the following public way or ways:

202 Copeland St.
Installing 1 stub pole (P28-84) on Copeland St. Relocating one pole (P27) on Copeland St on the south side of the Rd. Relocating one pole (P15) on Copeland St.

Plan No. 29701703 **Date: 8/27/2020**

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on March 1, 2021 to be entered into the record.

Public access to the hearing and deliberations shall be achieved by Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: City Council Meeting
Time: Mar 1, 2021 06:30 PM Eastern Time (US and Canada)
Join Zoom Meeting
https://us02web.zoom.us/j/81356985598
Meeting ID: 813 5698 5598
Dial by your location
+1 646 558 8656 US (New York)
+1 312 626 6799 US (Chicago)
Meeting ID: 813 5698 5598
Find your local number: https://us02web.zoom.us/u/keyntOPWpe

Nicole L. Crispo
Clerk of the Council

2/18/21

OBITUARIES

Vivian E. MacLeod, 90

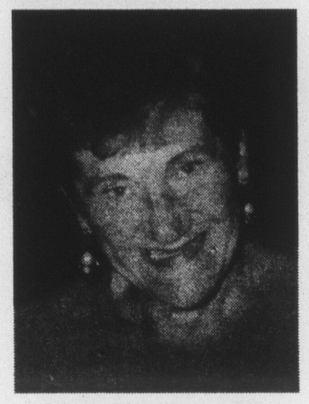
Vivian E. (Olson) MacLeod, age 90, a lifelong Quincy resident, died peacefully Feb. 7 at South Shore Hospital in Weymouth.

She was born in Quincy, to the late Albert and Dorothy (Prouty) Olson. Raised and educated in Quincy, she was a graduate of Quincy High School, Class of 1948.

Mrs. MacLeod worked as a bookkeeper for the former Howard Johnson Company and later as a telephone operator at the Braintree Rehabilitation and Nursing Center.

She belonged to the South Shore Vikings Association of Braintree for over sixty years. Mrs. MacLeod served as a board member as well as the function coordinator and cherished her memories and friendships at the club. She proudly and happily volunteered for countless events, such as the Christmas bazaars, or by serving on various committees. One of her favorite duties was being the hostess on Tuesday nights for the widows and widowers dances.

Mrs. MacLeod loved football and was a big supporter of Tom Brady. She was an avid reader and also enjoyed crossword puzzles and playing cards. Mrs. MacLeod loved going to the beach and enjoyed eating fried shrimp and drinking Diet Pepsi at Tony's on Wollaston Beach.



VIVIAN E. MACLEOD

Beloved wife of the late John D. "Tundie" MacLeod and the late Leo Hellested. Devoted mother of the late Lisa E. DeCristofaro and her surviving husband David of Pawtucket, RI. Loving grandmother of Damara A. DeCristofaro and her fiancé John Songer of Pawtucket, RI and Danette E. Welch and her husband Chris of Buzzards Bay. Loving great-grandmother of Cooper Songer. Dear sister of Phyllis D. Kivi of Walpole and her late husband William. Aunt of Kristen K. McCordick of Westboro and Kara L. Avelar of Walpole.

In light of current events, funeral services were private.

Memorial donations may be made to Quincy Community Action Programs, Inc., 1509 Hancock St., Third Floor, Quincy, MA 02169.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Kimberly A. Moccia, 55

A memorial funeral Mass for Kimberly A. Moccia, age 55, of Quincy, formerly of Holbrook, was celebrated Feb. 12 in St. John the Baptist Church, Quincy.

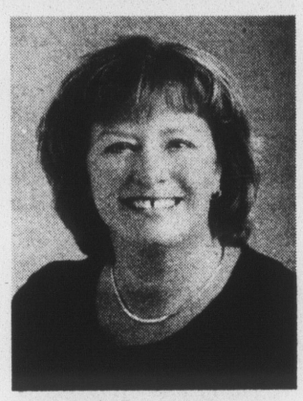
Ms. Moccia died Feb. 6 at Beth Israel Deaconess Medical Center in Boston.

Born in Chelsea, she was raised and educated in Quincy. Ms. Moccia was a graduate of Quincy High School, Class of 1983, and the New England Banking Institute. She had lived in Quincy for the past several years, previously in Holbrook for many years.

Ms. Moccia was employed as a mortgage loan officer for thirty-five years. Most recently, she had worked for Cambridge Savings Bank. Prior to that, she had worked for Fairway Independent Mortgage Corporation, Radius Financial Group, and Mortgage Financial.

Ms. Moccia was an affiliate member of the South Shore Realtors® and the Women's Council of Realtors®, South Shore Chapter.

She loved animals, especially her four Yorkies and two cats. Ms. Moccia was a founding member of a day care for small dogs. She also enjoyed traveling, going to the casino, and playing tennis. She was an avid fan of the Boston Red Sox and New England Patriots. Ms. Moccia also loved lobster and enjoyed getting together



KIMBERLY A. MOCCIA

with friends for lobster dinners.

Beloved daughter of Joseph A. Moccia and his companion Annette M. Lombardo of Weymouth, and the late Margaret T. (Powers) Damata. Devoted sister of Mary Teresa Marshall and her husband Jeffrey of Arizona, Donna Walsh and her husband Evan of Quincy, Allison Damata of Quincy, and Michael Moccia of Florida. Niece of Samuel Moccia of Randolph. Partner of Mary Kamb of Quincy. Former wife and dear friend of Kimberly Allard of Holbrook. Kimberly is also survived by several nieces and nephews.

Memorial donations may be made to yorkiesinc.com, a New England based agency specializing in rehoming, adoption, and rescue of Yorkshire Terriers.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Florence Hunter, 97

Florence Kurzman Watson Hunter, of Hingham and formerly of Quincy and Dorchester, was born Feb. 25, 1923, and died peacefully at the age of 97 on Feb. 9.

Wife of the late John Watson, Jr. who passed in 1965 and Donald Hunter who passed in 2010. Mother of Alan Watson Sr. and his wife Eleanor (Miller) of Plymouth, Robert W. Watson, and his wife Sharon (Collins) of Rockland and RuthAnn Watson of Camarillo, California. Sister of Elizabeth Wasley and her husband Robert of Westwood and the late Marylyn Morin and her husband David Morin of Chatham. Cherished grandmother of Alan Watson Jr., his wife Meghan and 3 daughters Casey, Mackenzie and Emily of Plymouth, Nathan Watson, his wife Jessica, their son Hunter and daughter Miriam of Leominster, and Matthew Watson and his wife Christine of Plymouth. Florence is survived by many nieces, nephews, and extended family.

Born in Brooklyn, NY, Ms. Hunter came to Boston in 1939. She was a graduate of Dorchester High School for Girls, class of 1940, and the Katharine Gibbs School, class of 1942. In 1944 at the end of World War II, she married John Watson, Jr. and had 3 children. Upon John's death in 1965, she began her career as an administrative assistant with Boston University, Sargent College of Health and Rehabilitation Sciences where she retired in 1998.

In 1971 she married Donald Hunter and moved to the Post Island section of Quincy. While living in Quincy, she was an active member of the Quincy Community United Methodist Church where she sang in the choir and was

FLORENCE HUNTER

well known for her beautiful soprano voice. Ms. Hunter had a life-long love of music and sang with choirs and choral groups from the age of 12. She was also a founding member of the Quincy Choral Society where she performed with them for 38 years locally and in several countries across the globe. She and her husband Donald loved travel and travelled extensively. They moved to Linden Ponds in Hingham in 2006.

Nothing was more important to Ms. Hunter than the love of her family. Florence and Donald never had children of their own, but they were able to share in the love and joy of their combined families including the Hunter nieces and nephews and their families who meant so much to both of them. She cherished them all and in return was loved and revered by all of them.

In these challenging times, due to the ongoing pandemic, and out of respect for pandemic restrictions we will forgo any gatherings at this time. However, there will be a celebration of Ms. Hunter's life later when it is appropriate to do so. The family will notify friends and family when a memorial service is scheduled.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Alfred Trotman, 92

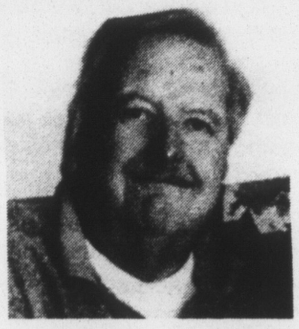
A funeral for Alfred Trotman, 92, of Quincy, was held Feb. 11 in Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Mr. Trotman died Feb. 6.

He was the husband of the late Patricia (Conway) and son of the late Fred and Eva Mae (Keady) Trotman.

Mr. Trotman was the longtime owner of the former Al's Variety Store on Babcock St. in Houghs Neck. Over the years Al was active in Quincy politics and he was a longstanding member of the Houghs Neck Community Council, where he served as president from 1962 to 1963.

In recent years Mr. Trotman made his home at O'Brien Towers, making lasting friendships with his



ALFRED TROTMAN

Asian neighbors whom he appreciated and loved.

He was the brother of the late George, Robert, John and Walter Trotman and is survived by his late wife's son and daughter, Deborah Walker and Michael Frates, both of Clinton, along with several nieces, nephews and extended family.

Interment at Blue Hill Cemetery, Braintree.

Honor Your Loved One's Memory With Flowers

cliffords.com

1.800.441.8884

Mary B. Jordan, 76

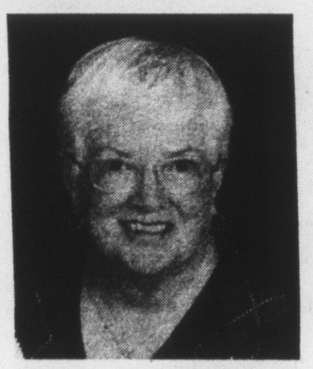
A funeral Mass for Mary Bridget Jordan, 76, was celebrated Tuesday at Divine Mercy Parish in Sacred Heart Church, Quincy.

Mrs. Jordan died peacefully Feb. 11 surrounded by her loving family.

Born in Brooklyn, NY, she was the daughter of the late John and Catherine (McDermott) Gill. She was a graduate of St. Joseph's High School in Brooklyn, NY. In her twenties, she worked as a secretary for New York Life in New York City. Mrs. Jordan moved to Quincy in 1977, after marrying, to settle down and raise a family. She stayed home to care for her two young daughters for many years. Mrs. Jordan returned to the workforce as the secretary at Sacred Heart School in North Quincy where she worked for fifteen years until her retirement in 2002.

She was entirely devoted to her family, and the greatest joys in her life came from time spent together with them, especially her five grandchildren.

Mrs. Jordan was the beloved wife of the late Kenneth Jordan of Quincy. She



MARY B. JORDAN

was the devoted mother of Catherine and her husband Timothy McLaughlin of East Bridgewater, Diane and her husband Timothy Boyle of Mt. Pleasant, SC, and the sister of the predeceased, Hugh F. Gill. She was the loving grandmother of Aidan, Eoin, and Niamh McLaughlin, all of East Bridgewater, and Brendan and Declan Boyle, both of Mt. Pleasant, SC.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to Divine Mercy Parish in Sacred Heart Church in North Quincy or the Pat Roche Hospice Home in Hingham.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Helen Lutes, 78

A graveside service for Helen Lutes, 78, will be held Friday at noon in Mount Wollaston Cemetery, Quincy.

Ms. Lutes died Feb. 6 at Seasons Hospice in Milton.

She was born in Quincy on Dec. 8, 1942 to the late Alfred E. Erskine and Helen J. Erskine (Davidson). Ms. Lutes worked for the state of Massachusetts, for more than 25 years, in the Dept. of Revenue (DOR), Child Support Division where she retired.

She enjoyed traveling, letting Norwegian Cruise line take her on many adventures. If Ms. Lutes was not on a cruise you could find her at a casino, Twin River being her favorite, or catching up with a new novel which she would most likely consume all in one sitting.

In addition to her parents, she was predeceased by her sister, Dorothy (Dot) McTiernan of Quincy, her daughters, Jill O'Connor of Quincy, Phyllis Mann of Quincy and Lori Diodato of Plymouth as well as grandchildren, Patrick O'Connor III of Dorchester, Emily Mann of Quincy and Corrine Neil of Plymouth. Survivors include her brothers Richard Erskine of FL, Alfred Erskine of Whitman, daughter Alana Buccini of Quincy, granddaughters Kerri Thomas of Quincy, Alicia Buccini of Bridgewater, and grandson Anthony Buccini of Quincy as well as 9 great-grandchildren and many nieces and nephews.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

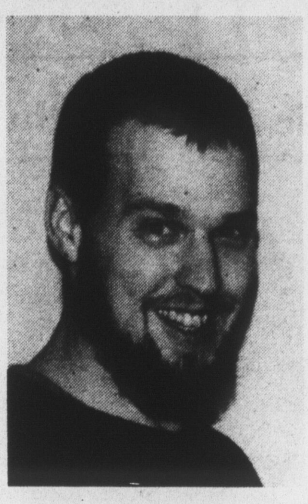
FEB 18 2021

William Walsh, Jr.

William "Billy" Walsh, Jr. was born on Aug. 10, 1985 in Boston. He grew up in Charlestown and was very proud of where he came from. He spent the later years of his life in Quincy, where he unexpectedly passed away on Feb. 9.

Mr. Walsh is survived by his parents Billy and Maryellen; his siblings Joshua and wife Serena, Adam and fiancé Rosie, George, Cassandra and fiancé Kevin Failla, Nathan and Shawn; his children Brianna, Sophia, Benjamin and Logan; his nieces and nephews Gianna, Little Adam, Natalie, Isabella, Eric, Anthony and Kevin; his grandmother Winnie Coleman; also many aunts and uncles, cousins and friends, especially his life-long friend Mark Lunt.

He is preceded in death by his younger brother



WILLIAM WALSH, JR.

Kevin and his grandparents George and Jean Walsh.

Mr. Walsh treasured his family and friends. He could talk to anyone and knew everyone. He was so stubborn and could argue with you 'til the end of the Earth if he thought he was right. When Mr. Walsh loved, he loved hard. There was no greater love to him than that of his children, his parents and his siblings. He liked to read, draw and write poetry. He enjoyed playing video games and could watch reruns of "Supernatural" a million times. Mr. Walsh was truly an amazing force of energy.

He had a long time struggle with drug addiction and unfortunately wasn't able to overcome it, the demons won. If only love could have saved him, he would still be with us. His pain is over and he is at peace.

Visiting hours were 3 to 7 p.m. Wednesday in Casper Funeral Home, Boston.

Interment services will be private.

Memorial donations may be made to Giving Hands. Mr. Walsh loved this program as it helped many people he knew have a hot meal.

George G. Lane, 82

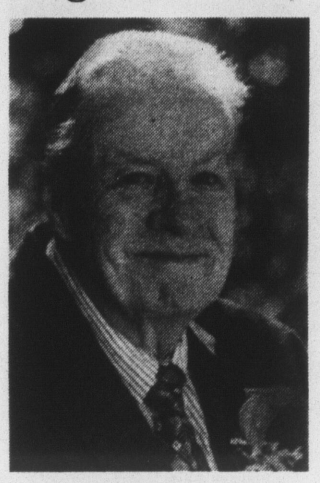
George G. Lane, age 82, of Weymouth, died peacefully Feb. 12 at South Shore Hospital in Weymouth.

He was born in Quincy, to the late William and Margaret C. (Garvey) Lane. Raised and educated in Quincy, Mr. Lane was a graduate of Quincy High School, Class of 1957. He had lived in Weymouth for the past fifty years.

Mr. Lane was proud to have served in the U.S. Army in the late 1950s and early 1960s. He received the Good Conduct Medal, Sharpshooter Badge (Carbine), and Basic Missileman Badge.

He worked for the former New England Telephone Company as a motor vehicle foreman and had been retired for many years.

Beloved husband of the late Rose A. (Usery) Lane.



GEORGE G. LANE

Devoted father of William Schlipp and his wife Judy of Indiana, Susan Herold of Wisconsin, and Maryann M. Hannigan and her husband Thomas of Rockland. Dear friend of Carolyn Kelliher of Hingham. Loving grandfather of Ryan Schlipp of Wisconsin and Jamie Schlipp of Illinois. He is also survived by many great-grandchildren.

The last of nine siblings, he was predeceased by Catherine "Kay" Thorley, Anne Ouilette, Margaret Reardon, Marie Laramee, Beatrice Tocchio, William Lane, John Lane, and James Lane. George is survived by many nieces and nephews.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Friday from 4 to 6 p.m. Relatives and friends are invited to attend. Services are operating in accordance with current guidelines.

His funeral service and interment, with military honors, at Blue Hill Cemetery, Braintree will take place privately.

Memorial donations may be made to the American Lung Association, 1661 Worcester Rd., Suite 301, Framingham, MA 01701.

James J. McCarthy

James J. McCarthy, of Milton, formerly of Wollaston, died Feb. 12.

Beloved husband of the late Judith F. McCarthy of Milton. Loving father of Jeanne O'Brien and her partner Ken Maider of Milton; Beth Capitula and her husband David of Watervliet, NY; Brian McCarthy and his wife Kim of Merrimack, NH; and Nancy Phelan and her husband Colonel (ret) John of San Antonio, TX. Cherished grandfather of Shawn and his wife Dianne and their sons, Declan and Cormac, Bradford and Jenna O'Brien; Quinn and Mitchell Capitula; Kevin and Courtney McCarthy; and Travis, Keneally, Shamus and Wesley Phelan.

Mr. McCarthy was born in Boston and grew up in North Quincy. After his service at Ft. Devens during the Korean War, he graduated from Northeastern University. It was during his time at Northeastern that he met his beloved wife, Judy, of 58 years. They married, raised

JAMES J. McCARTHY

four children and lived for 40 years in Wollaston before moving to Fuller Village in Milton and subsequently joining the BrightView Community in Canton.

When the McCarthy children were young, Jim spent countless hours on and off the basketball court coaching and refereeing their games. His career as a water pipe salesman and active member of the New England Water Works Association spanned decades, as he traveled through the northeast developing relationships across the industry.

Mr. McCarthy was passionate about sailing Boston Harbor and was active in the Wollaston, Squantum and Hull Yacht Clubs. He enjoyed daily walks along Wollaston Beach with his cherished dogs. He was always a fixture at his grandchildren's sporting events, constantly cheering them on and often providing guidance to the referees.

At Fuller Village, Mr. McCarthy's life was full of meeting new friends and activities. Above all else, Mr. McCarthy's family and friends were the focal point of his life and he will always be remembered with a scotch in his hand and a smile on his face.

In lieu of funeral services, a celebration of Mr. McCarthy's life will be held in his honor when it safe to do so.

Memorial donations may be made to the hospice organization of your choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

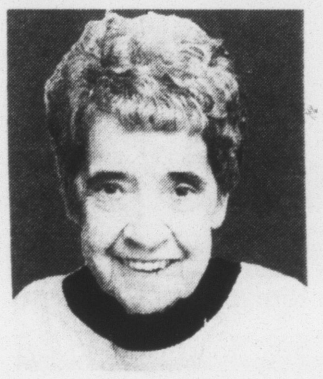
Carol A. O'Neill, 82

A funeral Mass for Carol Ann (Van Boom) O'Neill, 82, of Quincy, formerly of Boston and Norwell, will be celebrated Friday at 10 a.m. at Divine Mercy Parish in Sacred Heart Church, Quincy.

Mrs. O'Neill died peacefully Feb. 12 at Beth Israel Deaconess Hospital in Boston.

Born in Boston on Dec. 27, 1938, she was the daughter of the late Frank and Margaret (Ceurvels) Van Boom. She attended local schools and graduated from Sacred Heart High School in Weymouth with the Class of 1957. Mrs. O'Neill worked as an administrative assistant for many years with the Disabled American Veterans of Massachusetts and the Massachusetts Veterans of Foreign Wars organizations. She loved her work and the relationships she built throughout the years.

In her spare time, Mrs.



CAROL A. O'NEILL

O'Neill enjoyed bowling, word search puzzles and crosswords, but most of all, spending time with her grandchildren. She was a loyal, strong willed and loving person. Her life lessons and example are part of her legacy that continue through her family. She will be missed by all the lives she touched.

She was the beloved wife of the late William R. O'Neill, who died in February of 2004. The two shared many loving years of marriage. She was the devoted mother of William R. O'Neill and his fiancé Melissa Brown of Rockland and Mark F. O'Neill and his spouse Adina of Milton. Carol was the loving nana of Chloe O'Neill of Hanson, Nathan O'Neill of Milton, Abbie O'Neill of Hanson, Claudia O'Neill of Milton and Lauren O'Neill of Hanson. She was the dear sister of Daniel O'Connor and his spouse Mary of Middleboro and is also survived by many nieces and nephews.

Visiting hours are 4 to 8 p.m. Thursday in Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at Massachusetts National Cemetery, Bourne, at 12:30 p.m. Friday.

Memorial donations may be made to the American Heart Association, P.O. Box 417005, Boston, MA 02241-7005.

James R. Hines

A Mass of Christian Burial for James "Jim" R. Hines of Quincy was celebrated Feb. 12 in Sacred Heart Church, Quincy.

Mr. Hines died peacefully Feb. 9.

He was born to Rose Hines and the late George Dewey Hines of So. Boston. Mr. Hines enjoyed many aspects of life including his family, friends, successful plumbing business, but his greatest joy in life was his fatherhood. The bond between Mr. Hines and his children was irreplaceable; Dad to Jennifer Federico and her husband James of Braintree, and his incredible son, Craig Hines and his girlfriend Cara Stella of Quincy.

This last year he became Grandpa to his ray of sunshine, Benny Federico. His children and grandson will carry his legacy with honor. Mr. Hines cherished and enjoyed his last couple years with his newlywed, Loretta. As a brother, he is survived by siblings Margie Hennesey, George, Paul, Stephen Hines, and the late Michael Hines and Annmarie Andrews. "Uncle Jim" hugs and special love will be missed by all his nieces and nephews.

After years of Hines' Plumbing and Heating, Mr. Hines joined the City of Quincy where he made lifelong friendships.

Mr. Hines touched so many lives and always made an impact through his enthusiasm and ability to make relationships so special. Words do not describe the loss to family and friends to one of the best men.

Memorial donations may be made to Daughters of Mary of Nazareth, P.O. Box 690789, Quincy, MA 02169 in honor of Mother Olga, who was a guide to eternal rest in faith and support of his family.

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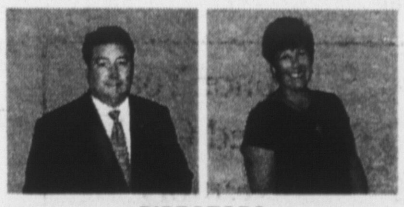


DIRECTORS
Christopher P. Goulet, Sr. & Michelle A. Lydon
(617)472-5888
650 Hancock Street, Quincy, MA 02170 • HamelLydon.com

OBITUARIES

Carol W. Cahill

A Mass of Christian Burial for Carol Wixted Cahill of Milton, formerly of Quincy, will be celebrated Saturday at 10:30 a.m. in St. Agatha Church, Milton.

Mrs. Cahill died suddenly but peacefully on Feb. 7.

She was born in Boston and grew up in Milton as the youngest of three children. She graduated from St. Agatha School in Milton, Fontbonne Academy in Milton, and Regis College in Weston with a BS degree in chemistry.

Mrs. Cahill taught advanced chemistry at Randolph High School and was loved by her students. She later obtained her real estate license and joined her husband Richard at Jack Conway Realtor Co. where she developed many loyal clients and won several awards as a top sales agent. She was a strong supporter of DOVE domestic violence shelter in Quincy and of Habitat for Humanity through the Conway Co. bird house auction, sharing her creativity and enthusiasm for building unique bird houses

CAROL W. CAHILL

with her grandchildren.

Mrs. Cahill will be remembered as a woman of strong faith and devotion to her family who always had a smile and words of encouragement for all. Her greatest joys were spending time with her family, watching her grandchildren at their sporting events and activities, traveling with her husband Richard, playing golf with her family, friends and fellow members of the President's Golf Course Ladies Association, and cooking delicious meals and entertaining at her home and by her pool.

She was the beloved wife of the late Richard Cahill for over 50 wonderful years, the loving mother of Joan Cahill Canavan and her husband Paul Canavan of Milton and cherished Nana of Liam, Caitlin, and Caroline Canavan of Milton. Carol was the daughter of the late Dr. Francis J. Wixted and Mary (Zwyner) Wixted, beloved sister of the late Mary Dianne Hayes and her husband Paul and the late Joan Curran and her husband William, and beloved sister-in-law to Joanne (Cahill) Lydon and her late husband James, Stephen Cahill and his wife Helen, and Randall Cahill and his wife Cheryl. Carol was a special "Auntie Carol" to several nieces and nephews and a favorite cousin of many who will miss her love, hugs, guidance, and laughter.

The Mass will be livestreamed at stagathaparish.org.

Visiting hours are 4 to 8 p.m. Friday in Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at Milton Cemetery.

Memorial donations may be made to DOVE, Inc. P.O. Box 690267, Quincy, MA 02269 or dovema.org or to South Shore Habitat for Humanity 20 Matthewson Dr., Weymouth, MA 02189 or sshabitat.org/donate.

Marie A. McCarthy, 92

A funeral Mass for Marie A. (Collins) McCarthy, age 92, of Weymouth, a former longtime resident of Quincy, was celebrated Tuesday in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy.

Mrs. McCarthy died peacefully Feb. 8 in the comfort of her home, surrounded by her loving family.

She was born in Quincy, to the late Frederick J. and Margaret E. (Goullard) Collins. Raised and educated there, she was a graduate of Quincy High School, Class of 1945. Mrs. McCarthy had lived in Weymouth for the past seven years, previously in Quincy. She was brought up in the Houghs Neck section of Quincy and loved her years there, growing up at 37 Sea Avenue and finally bringing her family up at 29 Sea Avenue on scenic Great Hill. Staying in Quincy, later in life, the family moved to 23 Colonial Drive off of Adams Street to the home

MARIE A. MCCARTHY

which was Frank and Marie's pride and joy for several years.

Mrs. McCarthy worked as an administrative assistant for General Dynamics at the former Fore River Shipyard. She retired in 1986.

In addition to researching her family genealogy, Mrs. McCarthy enjoyed travelling across the world, especially through Europe, and was proud to attend the 1984 40th anniversary commemorating D-Day, the Allied invasion of Normandy, France.

Most of all, Mrs. McCarthy was devoted to her family.

Beloved wife of the late Francis L. McCarthy. Their retirement years were spent at their residence on Vanderbilt Drive in Naples, FL. Devoted mother of Mary K. Aepelbacher of Weymouth, David F. McCarthy and his wife Rosanne of Quincy, and Peggy McCarthy and her companion, Mark Gelo, of Malden. Loving grandmother of ten grandchildren and three great-grandchildren. Dear sister of the late Rev. Frederick J. Collins.

Interment at Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to the Perkins School for the Blind, 175 North Beacon St., Watertown, MA 02472 or perkins.org.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Ruth M. Lutts, 79

Ruth Martha (Hanson) Lutts, age 79, a 47-year resident of Quincy, died peacefully Feb. 9.

Born on Nov. 12, 1941, in Boston, she was the daughter of the late Richard and Martha (Carroll) Hanson, and older sister to Mary Ellen (Hanson) Endres (Albuquerque, NM). Beloved wife for 53 years of John "Jack" Lutts, who preceded her in death on September 21, 2020.

Mrs. Lutts was a loving teacher – in the classroom, as a mom, and in how she lived her life. A graduate of Notre Dame Academy, Roxbury ('59) and Emmanuel College ('63), Ruth taught French and Spanish at Avon High School (1963-64), Tewksbury High School (1965-68), and later at Atlantic Middle School (Quincy) (1996-2008). Mrs. Lutts loved her students and her colleagues. She brought languages and culture to life through creative lessons. She cheered her students on at school events and she encouraged and supported fellow staff, cherishing many of them as personal friends.

Between teaching posts, Mrs. Lutts devoted her life to her true vocation: motherhood. Starting in 1968, she took on the many roles of Mom: homemaker, early childcare specialist, life skills coach, cheerleader, counsellor, family events

RUTH M. LUTTS

coordinator, tutor, head chef, part-time nurse and chauffeur – all for a family of 7 children. She and Jack also led faith formation classes for Confirmation and marriage preparation at St. John the Baptist Church (Quincy). She was a lifetime Girl Scout and leader with the Patriots Trail GS Council. She also ran a private home day care when her eldest children moved out.

Mrs. Lutts was the kind of mom and teacher who listened attentively and gave advice only if asked. She cheered you on and cheered you up. She laughed easily, even at the really bad jokes. She prayed for and with you in troubled times and embraced you when you needed a hug. She nourished her family – heart, body, and soul – and continued to teach with her life about love, family, faith, kindness, friendship, generosity, patience, and compassion until her last breath. Her lessons live on in all who knew her.

Devoted mother of Judy (Michael) Yap (Denville, NJ), John (Carol) Lutts (Rockland), Eric (Barbara) Lutts (Doylestown, PA), Irene Lutts (Kevin Gillespie) (Quincy), Claire (Glenn) St. Tulnoynum (Concord), Paul (Alyssa) Mazzarella Lutts (Quincy), and Laetitia (Patrick) Brundage (Lynn). Loving grandmother of Ella, Faith, Mary, Joshua, Jessica, Conor, Morgan, Iain, Elena, Emerson, Grayson, Bonham, and Skylee. Also survived by her sister; sister-in-law Eileen Lutts (Towson, MD); four nieces and one nephew; and lifelong best friend Mary Fleming. She was predeceased by her brothers-in-law, William Lutts and Hugh Endres.

Funeral services are private.

Memorial donations may be made to the Alzheimer's Foundation of America, 322 Eighth Ave, 16th Floor, New York, NY 10001 (alzfdn.org) or the Seasons Hospice Foundation, 6400 Shafer Ct., Suite 700, Rosemont, IL 60018 (seasonsfoundation.org).

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

More Obituaries online at www.TheQuincySun.com

LEGAL NOTICE

CITATION ON PETITION FOR SALE OF REAL ESTATE BY A PERSONAL REPRESENTATIVE
Docket No. NO20P2736EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Carolyn A. Grant
Date of Death:
December 10, 2018

To all interested persons:
A Petition for Sale of Real Estate has been filed by:
David E. Ovesen of **Quincy, MA**
requesting that the court authorize the Personal Representative to sell the decedent's real estate at a private sale.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this court before: 10:00 A.M. on the return day of 02/24/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 19, 2021
COLLEEN M. BRIERLEY
Register of Probate

2/18/21

PUBLIC NOTICE

PUBLIC NOTICE OF SMALL CELL FACILITY PETITIONS

Pursuant to Section 13.12.110(c)(10) of the City of Quincy Municipal Ordinance, the following is a public notice that **Cellco Partnership d/b/a Verizon Wireless** has filed with the director of Inspectional Services Petitions for Permit to install Small Cell Facilities on the following utility poles:

- Utility Pole #94 located adjacent to 157 Washington Street
- Utility Pole #N/A located adjacent to 250 Copeland Street
- Utility Pole #1 located adjacent to 330 Adams Street

Copies of the Petitions noted above are available for review at the Inspectional Services Department, 55 Sea Street, Quincy, Massachusetts 02169. Staff from the Department may be reached at (617) 376-1450.
2/18/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-3

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 9, 2021 @ 5:30 P.M. to consider the application of **Malcolm Barber, Manager, Baker Court LLC** to reaffirm the previously granted relief (ZBA Case Z18-15) for a **Finding and Variances** to demolish an existing nonconforming two-family house and construct three (3) duplex townhouse buildings (6 units) in violation of Title 17 as amended, Chapter 3.0 (use regulations), Chapter 3.4 (nonconforming uses and structures), Chapter 4.0 (dimensional regulations) and Chapter 5.1.4 (parking setbacks) on the premises numbered **339-341 QUARRY STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals
Time: Mar 9, 2021 05:30 PM Eastern Time (US and Canada)
Join Zoom Meeting
https://zoom.us/j/99371435781?pwd=SFc0TG0vKzR1N1FaOFUyYWIRbXBCUT09
Meeting ID: 993 7143 5781
Passcode: Quincy
Dial by your location
+1 646 558 8656 US (New York)
Meeting ID: 993 7143 5781
Passcode: 833909
Find your local number: https://zoom.us/u/adBV6Dgjr2

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System https://quincyma.viewpointcloud.com/ and entering the property address. Call 617-376-1933 for further assistance.
2/18/21, 2/25/21

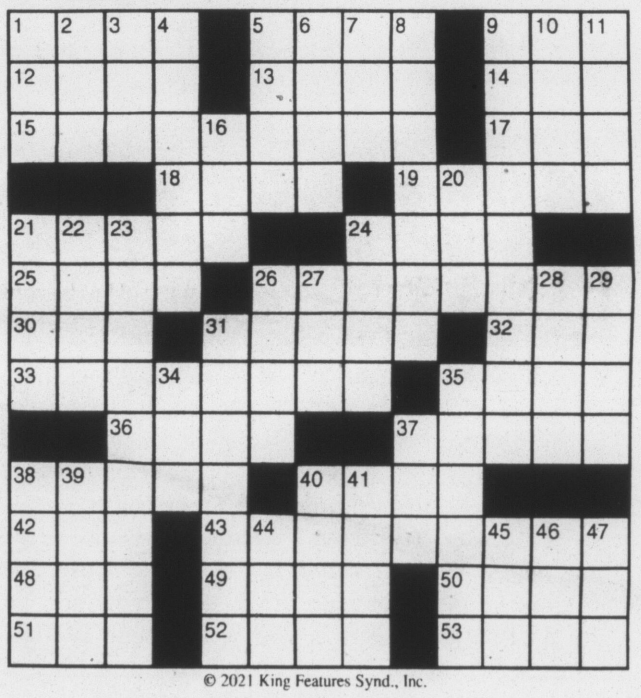
FEB 18 2021

SUN FUN PAGES

King Crossword

ACROSS
1 Seize
5 Butte's kin
9 Cardinal cap letters
12 "Othello" villain
13 In — (lined up)
14 Weeding tool
15 Reality show for aspiring entrepreneurs
17 PC key
18 Minor quibbles
19 Hospital sections
21 Type of beam
24 Pack (down)
25 Reverberate
26 Rubber wedge, say
30 Small battery
31 All better
32 Actress Thurman
33 Hoedown musicians
35 Author Harte
36 Seeing things
37 Tubular pasta
38 Tribal emblem
40 Coffee, slangily
42 Mess up
43 Temporary
48 GPS suggestion
49 Last write-up
50 Despot
51 British verb ending
52 Zilch
53 Bigfoot's cousinl

DOWN
1 USO audience
2 Fan's cry
3 Khan title
4 Third-largest island
5 "The Martian" actor Damon
6 Historic periods
7 Junior
8 Clumsy
9 Mountain road feature
10 Snitched
11 Reply to "Shall we?"
16 White wine cocktail
20 Mornings (Abbr.)
21 Piece of lettuce
22 Exotic berry
23 Elm, for one
24 Low digits
26 Union payment
27 Bruins legend
28 Portent
29 Canape spread
31 South Carolina university
34 Decorate Easter eggs
35 Actor Warren
37 Beetle Bailey's rank (Abbr.)
38 Garr of "Tootsie"
39 Scraps
40 Unite
41 Museo display
44 Showtime rival
45 Jargon suffix
46 Squealer
47 Hosp. scan



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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. Sale sign is added. 2. Button missing from woman's jacket. 3. Ceiling light is added. 4. Bowtie is missing. 5. Man's tie is white. 6. Row of rings is missing.

Salome's Stars

ARIES (March 21 to April 19) Time is on your side in the early part of the week. But anything left undone by midweek will need to be put into rush mode. The weekend offers choices for you and someone special.

TAURUS (April 30 to May 20) Finally getting credit for a contribution is nice for all you idea-generating Ferdinands and Fernandas. But don't sit on your laurels under the cork tree. Use it as a first step to a bigger opportunity.

GEMINI (May 21 to June 20) Despite the progress made, a hint of doubt might set in. That's OK. You need to stop and consider not only what you're doing but also how you are doing. Make adjustments where needed.

CANCER (June 21 to July 22) The dreamer is dominant in the Moon Child's aspect, but a dollop of hardheaded practicality is coming up fast and jockeying for space. The challenge is to make room for both modes.

LEO (July 23 to August 22) It's a good week for Leos and Leonas to start assessing what they've done and what they plan to do. Moving to a new environment -- home or job-related -- is a possibility for some Cats.

VIRGO (August 23 to September 22) The week calls for Virgos to make tough decisions, but in a way that leaves the door open for changes. Ask for advice from someone who has been in the position you're in now.

LIBRA (September 23 to October 22) Disappointments are never easy to take, but you have the ability to learn from them and go on to success. Meanwhile, continue to build up your contacts. You'll need them soon.

SCORPIO (October 23 to November 21) Things might still be going much too slowly to suit you. But you need the time to make sure they're going in the right direction. It's easier to make a course correction now rather than later.

SAGITTARIUS (November 22 to December 21) Showing some temperament at the way things are going is one way of getting your point across. Just don't overdo it, or you risk turning away more-moderate supporters.

CAPRICORN (December 22 to January 19) Things could change more quickly this week than you like. But don't fret; you'll most likely find that you're up to the challenges. The weekend offers much-needed relaxation.

AQUARIUS (January 20 to February 18) Big challenge coming up? Uncross those fingers and believe that you're going to do well. And keep in mind that so many people have faith in your ability to succeed.

PISCES *(February 19 to March 20) Testing the waters is a good way of learning about an opportunity before plunging right in. Ask more questions and be alert to any attempts to avoid giving complete answers.*

BORN THIS WEEK: You have a gift for making people -- and animals, too -- feel special and loved.

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Trivia test

by Fifi Rodriguez

1. THEATER: Which city was the setting for the musical "Cabaret"?
2. LANGUAGE: What does the Latin phrase "veritas vos liberabit" mean?
3. TELEVISION: What was the name of the pet "dog" on "The Flintstones"?
4. ASTRONOMY: What is a zenith in terms of our solar system's sun?
5. HISTORY: How many days were in an ancient Roman week?
6. ANIMAL KINGDOM: What is a group of zebras called?
7. LITERATURE: Which 19th-century novelist's last work was titled "The Mystery of Edwin Drood"?
8. AD SLOGANS: Which brand of pet food uses the slogan, "Tastes so good cats ask for it by name"?
9. U.S. STATES: Which state's residents might be called "Nutmeggers"?
10. GEOGRAPHY: Which four countries are included in the United Kingdom?

Answers
1. Berlin, Germany
2. The truth shall set you free
3. Dino
4. When the sun is directly overhead and objects cast no shadow
5. Eight
6. A dazzle or zeal
7. Charles Dickens
8. Meow Mix
9. Connecticut
10. England, Wales, Scotland and Northern Ireland

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MAGIC MAZE • LITERARY GENRES

J M J H E D C B Y Y V T Q O L
I G D B L R Y D W S L T R P M
K I F D I A E B Y A A Y W U S
Q O M M K M C S C C I T F D B
Z X E W O A A I U T S Q I W O
N L J C G T T H R I L L E R H
F D N A N I C A Y O W S V T E
S Q S A L (A D V E N T U R E) P
N L F O B K M Y R E T S Y M I
H F P E C R B O R Z Y W I V U
S R Q P N M U N R O R R O H L

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: **Saying One Thing Implying Another**

Action	Drama	Mystery	Thriller
Adventure	Fantasy	Political	Urban
Comedy	Historical	Romance	Western
Crime	Horror	Saga	

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Wishing Well®

4	5	6	2	4	5	2	4	5	8	3	5	2
L	S	E	K	I	U	E	F	R	A	N	P	E
7	4	2	5	7	6	3	5	3	7	5	6	5
B	E	P	R	E	X	E	I	W	A	S	P	E
2	5	6	4	3	8	3	5	8	2	5	2	6
O	G	E	I	T	P	H	U	E	N	E	W	C
4	3	7	4	8	6	7	3	2	5	6	3	7
S	O	L	N	R	T	E	U	I	S	A	G	A
6	5	8	5	3	8	6	7	8	7	6	3	2
T	T	F	S	H	E	I	D	C	E	O	T	N
7	2	3	6	4	8	2	6	2	4	6	2	6
R	N	S	N	O	T	I	S	N	T	G	G	R
4	6	4	8	6	4	8	4	8	4	8	4	8
B	O	O	U	W	R	N	I	I	N	O	G	N

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **X** equals **A**

EB XG W.X. CXRFCXWW AZL NXR X TGXJT BLZ RTFIJNEGD AEJIQZFR, ER NF XG XZIBQW OLODFZ?

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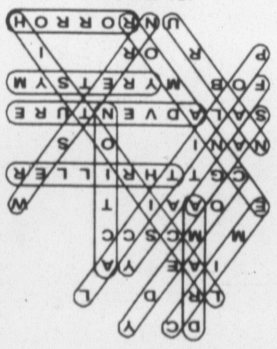
— King Crossword —

Answers

Solution time: 23 mins.

Magic Maze *ANSWERS:*



CryptoQuip
answer

If an L.A. baseball pro has a knack for sketching pictures, is he an artful Dodger?

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Jennifer Lopez and Armie Hammer were teaming up for Lionsgate's $65 million romantic comedy "Shotgun Wedding" -- that is until some disturbing messages by Hammer, detailing sexual fantasies, were leaked. How this will affect his upcoming releases -- "Crisis," with Gary Oldman; "Death on the Nile," with Kenneth Branagh and Gal Gadot; "Next Goal Wins," with Michael Fassbender and Elizabeth Moss; and the "Call Me by My Name" sequel -- is anyone's guess.

***

The Kennedy Center Honors began in 1978, but the 2020 "Honors" were a pandemic casualty. This year, the Honors will be taped during the week of May 17. The annual event, usually to a packed house and the U.S. president (except the previous POTUS, who refused to attend four years in a row), will be socially distanced.

The first of this year's five honorees is choreographer and actress Debbie Allen, for her work with Michael Jackson, Dolly Parton and as Lydia Grant in the '80s series "Fame," among other accomplishments. Allen admitted, "I have a real purpose in life to be as creative as possible and to expand the reach and possibilities of others."

Also being honored is top country-music singer/songwriter Garth Brooks: "As one of the world's bestselling music artists he heightened country music profiles like no other singer before him." Brooks confessed, "I've watched many of my heroes sit in that booth. I had the joyous honor of singing for some on their special night. The hope is to contribute to humanity, to inspire to be the most we can, but most of all, to simply laugh, cry, love and dream through music."

Singer-songwriter and activist Joan Baez is being honored "because she breathed new life into the folk genre, powering rock music's turn to social and political consciousness." A lesser-known honoree is violinist Midori Goto, "whose international presence, over 35 years, combines graceful precision and expression for performances building connections between art and the human experience."

Last, but never least, is Dick Van Dyke, honored "because of the charm that has made him one of the most cherished performers in show business history." Some of his best vehicles were "The Dick Van Dyke Show," "Bye Bye Birdie," "Mary Poppins" and its sequel, and "Chitty Chatty Bang Bang." Van Dyke remembers "Many years ago, I hosted a similar event, held in private, with The Kennedy Family. I saw the care with which the recipients were chosen from an impressive list of nominees. Being included this year, in this small, illustrious group, is the thrill of my life."

The show has always aired between Christmas and New Year's, but this year it will reach our homes on Sunday, June 6, on CBS. At 95, Dick Van Dyke is still working, wondering what that strange word "retire" means!

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	×		+		16
×		÷		−	
	−		×		20
+		×		×	
	−		×		24
17		15		18	

1 3 4 5 6 7 8 9 9

DIFFICULTY: ★★

★ Moderate ★★ Difficult ★★★ GO FIGURE!

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Pottery Cigar Box --- Homes of the early 1900s in the United States had many matched sets of decorative pieces. There was a coffee and tea service with creamer, sugar bowl and tray. There was usually a desk set with a pen, blotter ends, inkwell, pen holder, letter opener, stamp box and more. And, of course, there was a smoking set that had a box for cigars, cigar cutter, sometimes a cigar holder, humidor, lighter, ashtray, a cigarette holder and a special cigarette case to carry. When viewed alone, the parts are often hard to identify.

A recent auction by Rago sold a pottery box with a lid and corners that featured hooded figures. The size suggests it was originally made to hold cigars. Cigars were sold in standard size wooden boxes starting in 1865. A decorative box often held them on a desk or table. This box is marked Atlantic Terra Cotta Company, an important maker of New Jersey clay tiles from 1907 to 1949. It sold for $875.

***

Q: I inherited a 1768 German family Bible. What's the best way to store it so it doesn't deteriorate?

A: If your family Bible lists names of family members with birth and death dates going back over 250 years, you have a treasure! Before you store the Bible, use your cellphone or digital camera to take pictures of the pages that have family information so you can share them with other family members and have copies in case the ink fades.

Don't try to copy the pages by opening the book flat on a photocopier. It may break the spine. The public library may have a photocopy machine with a book mount to hold the book partly open, but the light may fade the print.

Don't keep the Bible in a plastic bag. Put a piece of archival tissue paper between handwritten pages to prevent the ink from bleeding through. Store the Bible flat in an archival box and pad it with archival tissue paper to keep the Bible in place. Store it in a cool, dry place, not in the attic or basement. Archival materials can be purchased at sites online. A few places for archival supplies are www.gaylord.com and www.lightimpressionsdirect.com.

***

CURRENT PRICES

Coffee pot, Pairpoint, silver plate, birds, leaves, lanterns, gourd shape, long spout, 11 x 7 inches, $45.

Shelley cup and saucer, yellow polka dots, trim, handle, white ground, 5 3/4 inches, $105.

Scale, weighing, brass, butcher, fitted case, John Chatillon & Sons, 16 1/4 x 13 inches, $160.

Box, dresser, Bolivian rosewood, white ash stripe, turned wood, Jerry Patrasso, 2 1/2 x 3 7/8 inches, $260.

***

TIP: Rub tartar-control toothpaste on your scratched snow dome paperweights. It will remove the smaller scratches.

"Kovels' Antiques & Collectibles Price Guide" -- the new 2021 edition with more than 11,500 prices, 3,000 pictures and many helpful tips -- is available in bookstores and online, or visit www.Kovels.com for a special offer.

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Strange BUT TRUE

* A team of Japanese scientists and engineers created a fire alarm for the deaf that works by spraying vaporized wasabi into the air -- it will even wake them up if they're sleeping.

* Bees can fly higher than Mount Everest.

* In 1960, during a period of high tensions between Havana and Washington, a Cuban cow got hit by a chunk of a falling U.S. satellite. Islanders got a dig in at their American neighbors by parading another cow through the streets sporting a sign that read, "Eisenhower, you murdered one of my sisters!"

* Before trees existed, the earth was covered with giant white mushrooms.

* All astronauts going to the International Space Station have to learn to speak Russian, as the controls of their Soyuz spacecraft are in that language.

* Fried chicken originated in Scotland.

* Off-duty paramedic Matthew McKnight earned the dubious Guinness World Record for furthest distance thrown by a car when he was hit by a vehicle traveling 70 mph and was catapulted 118 feet. Amazingly, while he suffered serious injuries, he managed to recover.

* There is a Fictitious Athlete Hall of Fame. Inductees include Rocky Balboa, Mr. Miyagi and Happy Gilmore.

* You're more likely to be bitten by a human than a shark.

* Not that we think you'd actually drink this much, but 10 gallons of carrot juice will kill you. Its vitamin A content is high enough to make your brain swell, along with other nasty symptoms. By the way, you can also overdose on the vitamin by eating a pound of polar bear liver every day.

***

Thought for the Day: "Actually, in my opinion you never completely find yourself because you are always growing as a person and learning throughout your life. It is a process." -- Robert A. Bofman

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Now here's a tip!

by Jo Ann Derson

* Fruit math: A tomato or an apple plus green bananas in a paper bag equals ripe bananas.

* Empty tissue boxes have so many uses. Try lining one with a plastic grocery bag and keeping it in your car for stray trash. Or you can use it to corral all of those plastic grocery bags until you need them -- just stuff them in one at a time. Lastly, and probably my favorite: Cut out doors and windows to use as houses for kids' toys. Imagination makes the possibilities endless. -- JoAnn

* "Jazz up your pancakes by adding pureed frozen blueberries or strawberries. It turns the mix either blue or red, and it's fun for the kiddos." -- V.R. in Florida

* "We are always prompted to choose strong passwords, but a random collection of letters, numbers and special symbols can be hard to remember. I make a strong password by using a coded phrase, like "My three boys are No. 1," which might be "MY-3boysR#1." Just thought I'd share my trick, but not my password!" -- R.W. in Iowa

* Keep a bottle of club soda handy for spot stains on carpets or upholstery. It's good for more than just drinks.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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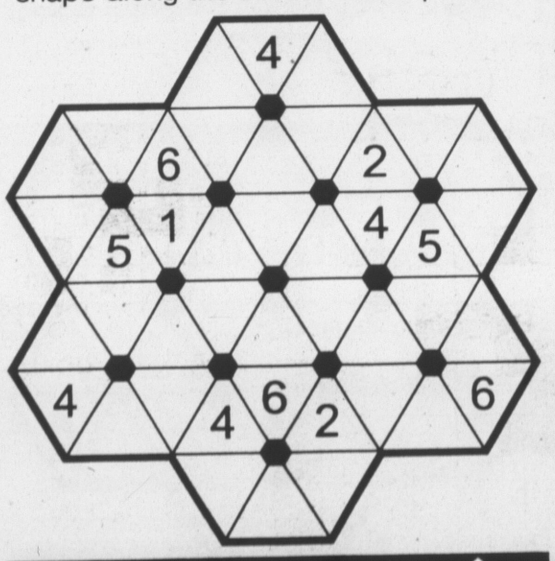
SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS [sic].

by Terry Stickels

How many anagrams can you find for the following?

1) stale
2) stance
3) stripes
4) sublet
5) stained

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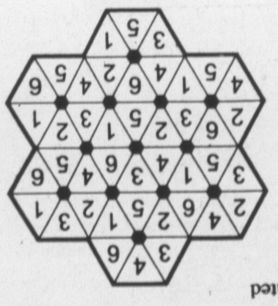
SNOWFLAKES solution



Go Figure! answers

1	×	9	+	7	16
×		÷		−	
8	−	3	×	4	20
+		×		×	
9	−	5	×	6	24
17		15		18	

Stickelers Answer

1) stale — steal, teals, least, tales, slate
2) stance — ascent, secant, enacts
3) stripes — persist, priests, sprites (some references have "esprits")
4) sublet — subtle, bluest, bustle
5) stained — detains, instead, sainted

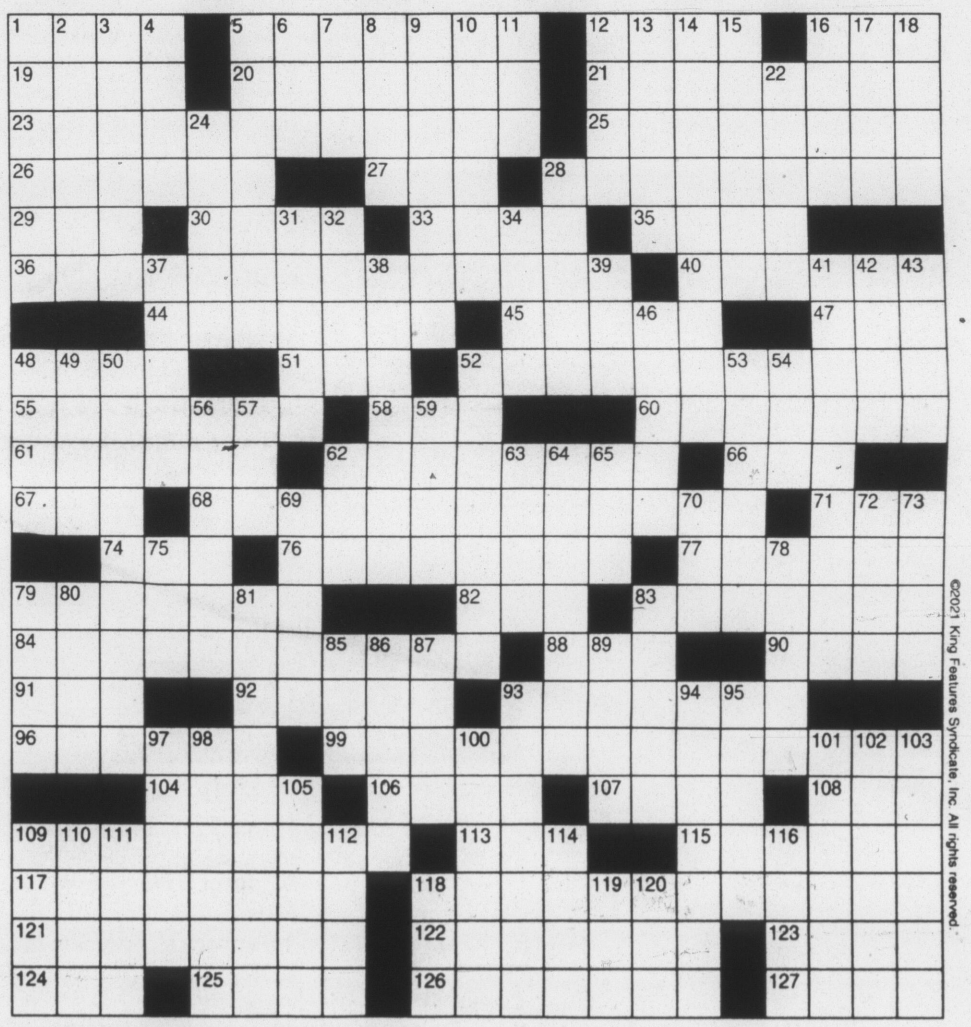
FEB 18 2021

Super Crossword

BACKUP FUNCTION

ACROSS
1 "When — your age ..."
5 Having two systems
12 One of the "Little Women"
16 Angry crowd
19 "99 Red Balloons" band
20 Really foolish
21 First digits dialed, often
23 * President of Nicaragua
25 Added yeast to, as bread
26 San —, Buenos Aires
27 Oklahoma tribe
28 * Rock yielding element #28
29 Riddle-me- —
30 1/36 yard
33 Jai —
35 Head, to Fifi
36 * Historical French area
40 Way of being torn, thrilled or loved
44 Put aside for future use
45 Handed out
47 Prefix with soul
48 With 8-Down, 1859 George Eliot novel
51 Cal. neighbor
52 * Crank-turned instrument
55 Prioritizes, as patients
58 Hosp. area
60 TV antennas
61 Bond film actress d'Abo
62 Place for a welcome mat
66 CPR giver
67 Mil. officer
68 * An off-Broadway theater is named for her
71 Linden of TV
74 Ice-T's music
76 Plane fliers
77 Viewpoint
79 Apple tablet download
82 A fifth of fifty
83 Nuclear reactor part
84 * Popular citrus fruit
88 "I solved it!"
90 Nile vipers
91 China's Lao- —
92 Fully enjoy
93 1966-2013 bookstore chain
96 Funny feline photo meme
99 * Musical group playing industrial drums
104 Egg cell
106 Genesis twin
107 Diana of "Dance Hall"
108 Ball or bass ender
109 * Mafia boss
113 Newsman Koppel
115 2017 biopic about an Olympic figure skater
117 Per-night cost to stay at a 105-Down
118 "Mr. Mom" plot premise (and what the answers to the starred clues have)
121 Like not-yet-sampled food
122 Two-function
123 Fodder tower
124 Day, in Spain
125 Squirmy fish
126 Lee who advised Reagan and Bush
127 Couturier Cassini

DOWN
1 Gandhi of India
2 Ferret's kin
3 Lennox and Potts
4 Uttered
5 "Nonsense!"
6 Kin of "equi-"
7 Old space station
8 Hip about
9 Related to food intake
10 African land
11 Meadowland
12 Island east of Java
13 Build
14 Stovetop whistler
15 Can't say no
16 Part of MSG
17 Polish river
18 See 48-Across
22 Big name
24 "Fanny" author Jong
28 San Fran NFLer
31 Tribal groups
32 Gordie of hockey
34 Verdi's title slave
37 Makeup brand
38 Pasta dish
39 Head of corn
41 Collects, as a harvest
42 River duck
43 Many heirs
46 Sprang
48 24-hr. "bankers"
49 Tow
50 Business of Delta
52 Chemistry lab tube
53 Ominous last words
54 Cup edge
56 Female bud
57 Rhea's kin
59 Fizzy drink
62 Fraction: Abbr.
63 — gin fizz
64 Vicious vortex
65 Lifesaving locs.
69 "Lady for a Day" director Frank
70 It flows in la Seine
72 Rent- — (security guard)
73 Classic Ford models
75 Ending for lime
78 Blueprints
79 Part of IHOP: Abbr.
80 Part of UTEP
81 Claim the truth of
83 Actress Edie
85 Colorado NHLers, to fans
86 Eminent
87 Coll. seniors' tests
89 Challenging
93 "Never on Sunday" rule
94 Person who is prospering
95 Opposite of east, in Madrid
97 Key next to a period
98 Disinclined
100 Dine away from home
101 Throat part
102 "Casino —" (Bond film)
103 Not digital
105 Roadside lodging
109 "Darn it!"
110 Rice-A- —
111 Greek vowel
112 Crimson and cherry
114 Boxer Oscar — Hoya
116 Roughly
118 Std. for a nutritionist
119 Deep groove
120 Suffix with Siam



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celebrity extra

by Dana Jackson

Q: Is there going to be a continuation of the series "Virgin River" on Netflix? I texted Netflix but did not get an answer. The show had a lot of people hooked and ended at such a terrible time! Please let me know ASAP. -- G.H.

A: Good news! The Netflix drama "Virgin River," based on the Harlequin romance book series, has been given the greenlight for a 10-episode third season. Set in gorgeous Northern California (but filmed in British Columbia), it stars Alexandra Breckenridge ("American Horror Story," "The Walking Dead") as a nurse-practitioner who relocates to a small town. The second season ended in a tragic cliffhanger, so it would have been extremely disappointing if viewers were left without a resolution.

I don't know how long you'll have to wait, but I do know that Zibby Allen ("Nancy Drew") has joined the cast as Jack's (Martin Henderson) sister. In the meantime, if you'd like to read the novels, there are 22 of them, all written by author Robyn Carr.

***

Q: Is there going to be a normal Academy Awards ceremony this year? Will there be enough movies to fill all the categories? – G.S.

A: The Academy is giving it their best shot to have as traditional a ceremony as possible despite the limited pool of movies released due to the pandemic. The telecast has been postponed to Sunday, April 25, and whether there will be a live audience inside the Dolby Theatre in Los Angeles remains to be seen.

The Golden Globe Awards will be broadcast Feb. 28 on ABC. The Oscars traditionally award dramas in its Best Picture category, so if the Golden Globes nominees are any indication, the top contenders include "The Father" (Anthony Hopkins), "Mank" (Gary Oldman), "Nomadland" (Frances McDormand), "Promising Young Woman" (Carey Mulligan) and "The Trial of the Chicago 7" (Eddie Redmayne). Although some theaters are open, most of the nominees will likely be viewed from home through streaming platforms or via pay-per-view. Oscar nominations will be announced Monday, March 15.

Also in doubt is whether the Oscars will ever have a host again. For the past two years, the show featured presenters and not a singular emcee. Even Jimmy Kimmel, the last individual to host, admitted it's a "no-win, very difficult job."

Alexandra Breckenridge
Photo credit: Depositphotos

***

Q: Is the TV show "Project Blue Book" coming back? -- F.B.

A: "Project Blue Book" is a historical sci-fi drama about UFOs that debuted on the History channel two years ago and starred Michael Malarky. The title is from the same name that the real-life U.S. Air Force termed its series of studies of the mysterious objects from the 1950s until 1970.

Alas, the TV show was canceled after just two seasons. Fans were so upset that they started an online petition hoping another network or streaming service would renew the series. If you'd like to add your name to the list, visit Change.org and search for "Project Blue Book."

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Hiker's pathway	_ _ _ _ L	Keep in shape	_ _ _ _ N
2. Roam	_ A _ _ _ _	Awe	_ O _ _ _ _
3. Before deductions	_ _ O _ _	Lawn	_ _ A _ _
4. Small trumpet	_ _ _ N _ _	Waist cincher	_ _ _ S _ _
5. Calvary sword	_ A _ _ _	Of sound mind	_ O _ _ _
6. Ben's ice cream pal	J _ _ _ _	Absorbent cloth	T _ _ _ _
7. All-inclusive	_ _ _ _ R _	Tempt	_ _ _ _ C _
8. Plenty	_ M _ _ _	Eden's fruit	_ P _ _ _
9. Stick around	_ I _ _ _ _	Extended	_ O _ _ _ _
10. Within reach	_ _ N _ _	Robust	_ _ R _ _

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Weekly SUDOKU

by Linda Thistle

		6			4		9	
4				7				2
	5		2			1		
	2			9			6	
		7			8			3
8			7			5		
		2	1				7	
7					5	4		
	9			8				1

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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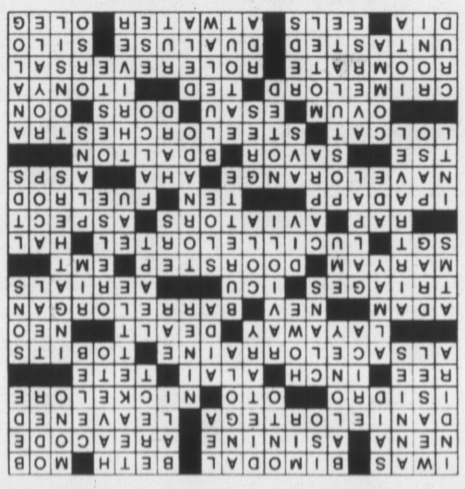
Super Crossword



Even Exchange

answers

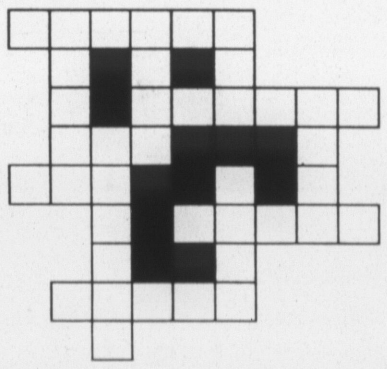
1. Trail, Train
2. Wander, Wonder
3. Gross, Grass
4. Corner, Corset
5. Saber, Sober
6. Jerry, Terry
7. Entire, Entice
8. Ample, Apple
9. Linger, Longer
10. Handy, Hardy

FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

ASE
NAHMYL
♥TEHDA
♥RYTO
TUTSSA
YOT
♥RHEA
♥PELSA
HYS
LOYLAR
♥OSTRO
♥IELM



Unscramble these twelve letter strings to form each into an ordinary word (ex. **HAGNEC** becomes **CHANGE**). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥**RATHE** becomes **HATER** or **EARTH** or **HEART**). Fit each string's word either across or down to knot all twelve strings together.

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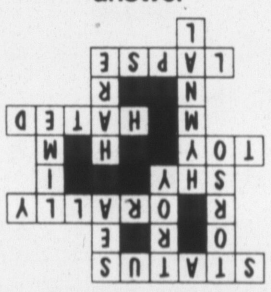
FEAR KNOT

answer



Weekly SUDOKU

Answer

2	7	6	8	1	4	3	9	5
4	1	3	5	7	9	6	8	2
9	5	8	2	6	3	1	4	7
3	2	5	4	9	1	7	6	8
1	4	7	6	5	8	9	2	3
8	6	9	7	3	2	5	1	4
5	3	2	1	4	6	8	7	9
7	8	1	9	2	5	4	3	6
6	9	4	3	8	7	2	5	1

Amber Waves

by Dave T. Phipps

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Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

1	5	3	■	2
5	■	1	3	4
3	4	■	1	5
4	■	2	■	3
2	1	5	4	■

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

6	2	1	5	1	4
5	4	6	2	2	2
2	4	1	3	5	6
1	4	5	2	3	3
2	1	4	6	3	5
3	5	2	6	3	1

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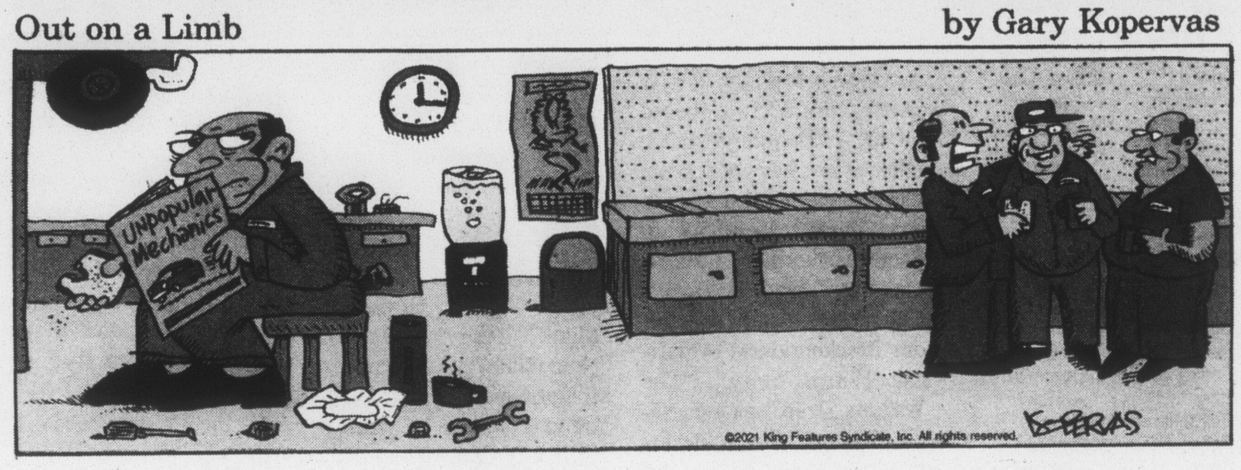
Out on a Limb

by Gary Kopervas



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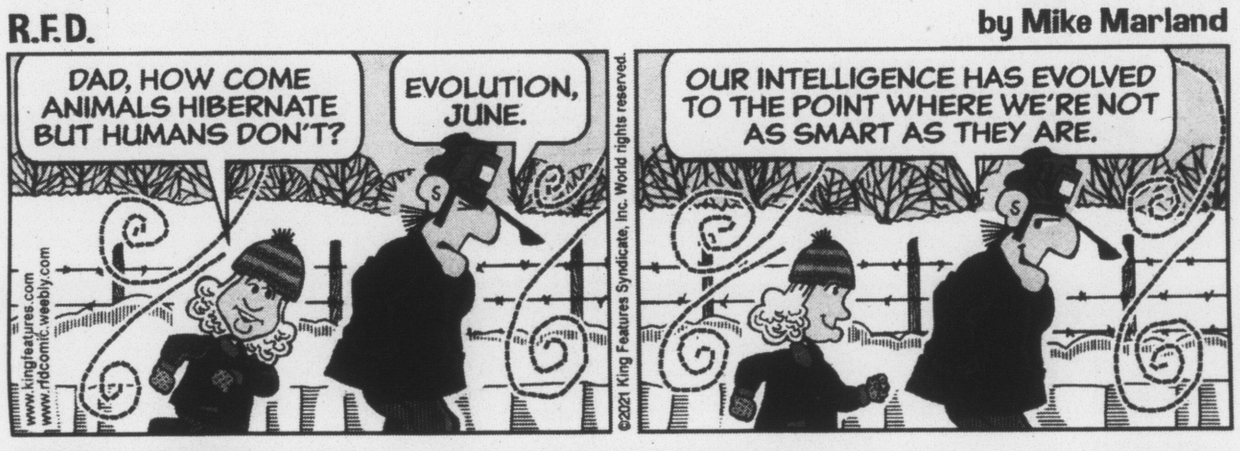
R.F.D.

by Mike Marland



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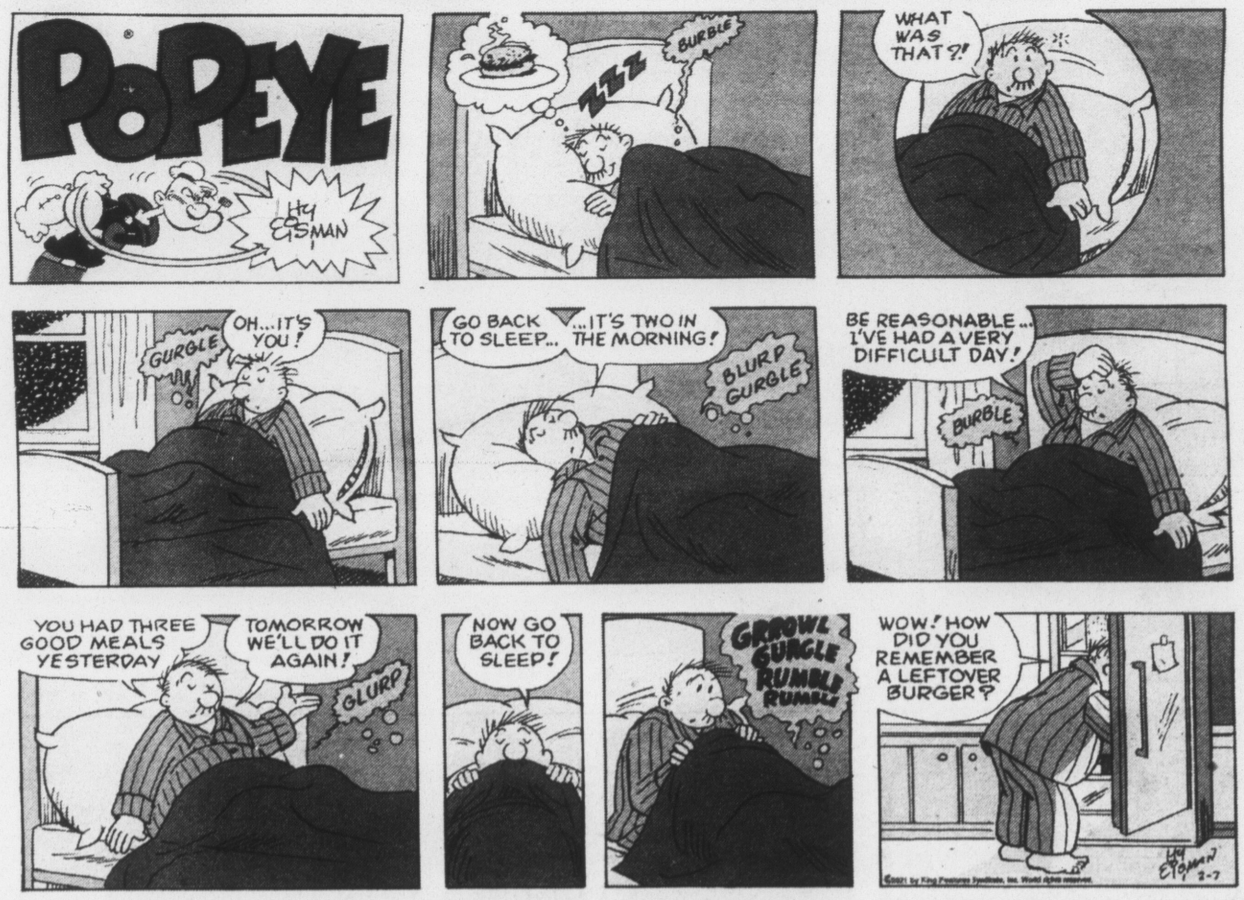

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Awe
DOWNER _ _ _ _ _ _

Deliver
SECURE _ _ _ _ _ _

Oppose
BEEKUR _ _ _ _ _ _

Saunter
LAWDED _ _ _ _ _ _

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"First thing we gotta get you, boss, is a new _ _ _ _ _ _ _ _ _!"

TODAY'S WORD

_ _ _ _ _ _ _ _ _ _

Paw's corner

by Sam Mazzotta

Neighbor's Dog Is Giving Him the Eye

DEAR PAW'S CORNER: My neighbor's dog, every day since I moved into this house in rural New York, has a habit of coming up to the property line when I go out to check on my garden. She will stand right at the edge, lift a paw, bark at me, then turn around and leave. What's up with that behavior? -- Jim G., via email

DEAR JIM: That sounds like a well-behaved, well-trained dog. Or, your next-door neighbor has, or had, a low-power wire along the property edge that delivers a shock to a dog when it crosses the line. Whatever it is, she was trained not to cross into the neighbor's yard.

I like that you noted her body mannerisms. Raising a paw is a signal that she is alerted and checking you out. A nonaggressive bark is an attention signal. It's something like, "I see you, and I want you to know that I've got my eye on you." And her turning back after that bark is a good sign. She doesn't see you as a threat. She's said her piece, and now she's off on her way.

Being aware of a dog's body language and barking is important even if you don't own a dog. A bark followed by a growl (or vice versa) is a warning signal meaning "back off." A raised paw and an intent stare at a specific object is typical of an alert and energetic but calm dog. A dog that charges and stops is being aggressive and there's a good chance that behavior can escalate into an attack.

If you get the opportunity to meet your neighbors, compliment them on their dog's good behavior.

Send your questions, comments or tips to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of Feb. 15, 2021

Video on Demand

1. Honest Thief (PG-13) Liam Neeson
2. American Skin (R) Omari Hardwick
3. Tenet (PG-13) John David Washington
4. The War with Grandpa (PG) Robert De Niro
5. Synchronic (R) Anthony Mackie
6. Come Play (PG-13) Azhy Robertson
7. Redemption Day (R) Gary Dourdan
8. The Croods: A New Age (PG) animated
9. Unhinged (R) Russell Crowe
10. Brothers by Blood (R) Matthias Schoenaerts

DVD, Blu-ray Sales

1. Batman: Soul of the Dragon (R) Warner Bros.
2. Tenet (PG-13) Warner Bros.
3. Fatman (R) Paramount
4. Synchronic (R) Well Go USA
5. Top Gun (PG) Paramount
6. Love and Monsters (PG-13) Paramount
7. Come Play (PG-13) Universal
8. Justice League (PG-13) Warner Bros.
9. Mulan (PG-13) Disney
10. Yellowstone: Season 3 (TV-MA) Paramount

Source: Comscore/Media Play News

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Hitori answer

6	2	1	5	1	4
5	4	6	2	2	2
2	4	1	3	5	6
1	4	5	2	3	3
2	1	4	6	3	5
3	5	2	6	3	1

SCRAMBLERS *solution*
1. Wonder 2. Rescue; 3. Rebuke; 4. Dawdle
Today's Word
WARDROBE

FEB 18 2021

FUN

COUCH THEATER DVD PREVIEWS

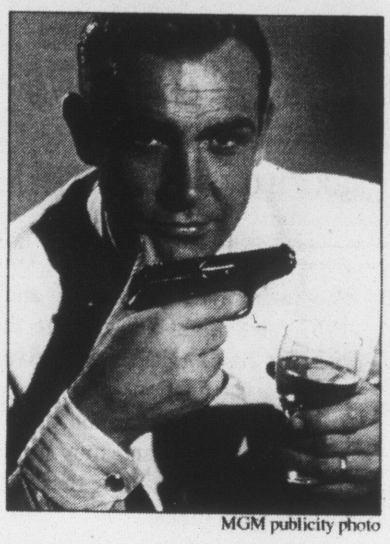
BY AMY ANDERSON

There's something about a man of danger that gets the heart beating — expert marksman, insanely intelligent, catlike reflexes, trained in hand-to-hand combat, gadgets at the ready as he single-handedly repels the forces of evil. Superspy was certainly on my list of fantasy jobs, and I'm not alone. The notion of the government-sponsored high-tech hero is a popular one in books, TV series and films. But the really great agents, those who rise above the rest, are portrayed time after time. I present this list of five spy franchises to shake you and stir you.

James Bond: Six sexy leading men (Connery, Lazenby, Moore, Dalton, Brosnan, Craig) have filled Agent 007's shoes, in a whopping 26 films since his debut in 1962's "Dr. No." Author Ian Fleming's slick British secret-agent archetype always gets the bad guy (and the girl), but the films also rake in the gold, and awards, to boot — with Oscars for sound editing, special effect and original songs.

Tom Clancy's Jack Ryan — In our own backyard, we have the central character of Tom Clancy's books: Jack Ryan, a CIA analyst who just can't stay out of trouble. Over five films, led off by "The Hunt for Red October" in 1990, we've seen four actors as Ryan (Alec Baldwin, Harrison Ford, Ben Affleck and Chris Pine — that's not counting John Krasinski in Amazon's streaming series). They've collectively fought off the Russians, Irish terrorists, a drug cartel, the Russians again, and then also, the Russians.

Mission: Impossible (1996) — It all began (in movie land) when IMF agent Ethan Hunt (Tom Cruise) was framed for the murder of his team and a botched attempt to steal government secrets. Naturally, his only recourse is to band together with other disavowed agents (Jean Reno, Ving Rhames) to actually steal the secrets — an impossible feat — and flush out the real traitor. After agent Hunt redeemed himself, Tom Cruise went on to make seven-plus films grossing over $3.5 billion.



MGM publicity photo

Sean Connery in "Goldfinger"

The Bourne Identity (2002) — Based on the books of Robert Ludlum, this franchise centers around Jason Bourne (Matt Damon), an expertly trained CIA sleeper agent. In the opening salvo, Bourne awakens on a boat with amnesia and launches a desperate search to unlock his past. But his path turns violent when the agency attempts to snuff him out. Spoiler alert: They do not succeed. Five films (and talks for a sixth) later, the Bourne future is going strong.

Kingsman: The Secret Service — Taron Egerton is Eggsy, an underprivileged British youth brought into an esteemed organization of gentlemen who, you know, fight worldwide threats to humanity. Eggsy is mentored by the very dapper Harry Hart (Colin Firth). It's a young franchise with the inaugural in 2014, followed by its sequel "The Golden Circle" in 2017, but a third is on the way.

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Puzzles4Kids

by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT DO HAMBURGERS GIVE THEIR VALENTINES ON FEBRUARY 14TH?

FLOODS	___	FOLDS	ALERTS	___	LEAST
ATHENS	___	HATES	RAISED	___	DARES
SERBIA	___	BARES	KNEELS	___	LEEKS
STORES	___	RESTS	RAGING	___	GRAIN
ENTERS	___	STEER	BASSET	___	BEAST

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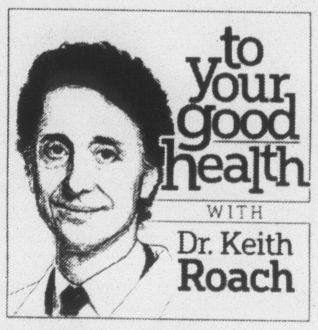

Vestibular Migraines Often Include Vertigo

DEAR DR. ROACH: Can you shed light on how vestibular migraines are diagnosed and the best treatment? -- *J.H.*

ANSWER: The vestibule of the ear is where the organ of balance is located, so vestibular symptoms relate to balance issues in general, but most commonly, it means vertigo. The term "vestibular migraine" means vestibular symptoms attributed to migraine.

Vestibular migraine thus includes migraine headache -- not everyone will have headache with every episode, but most people with vestibular migraine will have headache with at least some of the episodes -- and vestibular symptoms. These could include vertigo (a sensation of movement when still), unsteadiness or movement symptoms with a change in head position that persists long after the head has moved. Abnormal sensitivity to sound and vision are also prominent in vestibular migraine.

There is a similarly named condition, basilar migraine, that also has vestibular symptoms. However, basilar migraine has additional symptoms seen during the early, or aura, phase coming from the brainstem, deep in the brain, such as clumsy movements or confusion. These occur most commonly five minutes to an hour before the headache.

Making the diagnosis of vestibular migraine is challenging, since there are many clinical entities with similar symptoms. There is no conclusive laboratory or radiology tests to confirm the diagnosis. In practice, the diagnosis of probable vestibular migraine is made in people with recurrent migraine symptoms associated with vertigo. Often, treatment is begun when the condition is considered probable, and if the person does not respond well to treatment, a more thorough evaluation is considered.

Treatment for vestibular migraine is broken down into treatment for acute attacks and treatment to prevent attacks. Many neurologists use diazepam (Valium) and similar drugs for acute attacks. Preventive medicines come in many different families, and the choice of the best agent depends often on other conditions the person has. Everyone with migraine should try to find and avoid triggers. This includes eating on a reasonable schedule and good sleep hygiene.

If medications are needed, prescription choices include blood pressure medicines (beta blockers like propranolol and calcium channel blockers), antidepressants and seizure medicines. Over-the-counter options include riboflavin, magnesium, feverfew and coenzyme Q10, all of which have some but not conclusive evidence of benefit superior to placebo.

***

DEAR DR. ROACH: Can you tell me the possible causes of psoriasis? I have read that it is related to chronic inflammation. What type of inflammation might this be? -- *C.K.*

ANSWER: Psoriasis, a chronic skin condition that can sometimes affect the joints, is indeed an inflammatory condition, but inflammation is a set of symptoms and observable signs, not an underlying cause or diagnosis. There are five cardinal signs of inflammation: redness, swelling, pain, warmth and loss of function.

Psoriasis appears to be a problem of a dysregulated immune system. It is unclear what triggers the body to begin responding with inflammation to the skin, but some proteins (called antimicrobial peptides) made by skin cells may start the process. These can be triggered by trauma to the skin, but also by some medications, alcohol, cigarette smoking, infections and stress, all of which can also act as triggers for people with psoriasis. These make the immune system cells specific to the skin become much more active.

Understanding the immune system issues in psoriasis has led to newer and more effective treatments, especially for more-severe psoriasis.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids Answer

FLOODS	O	FOLDS	BASSET	S	BEAST
ATHENS	N	HATES	RAGING	G	GRAIN
SERBIA	I	BARES	KNEELS	N	LEEKS
STORES	O	RESTS	RAISED	I	DARES
ENTERS	N	STEER	ALERTS	R	LEAST

Comfort foods

Made fast and healthy

by Healthy Exchanges

Valentine's Sundae Dessert Bars

- *18 (2½-inch) chocolate graham crackers*
- *4 cups sugar- and fat-free vanilla ice cream*
- *1 (4-serving) package sugar-free chocolate cook-and-serve pudding mix*
- *2/3 cup nonfat dry milk powder*
- *1 cup water*
- *1 teaspoon vanilla extract*
- *2 teaspoons reduced-calorie margarine*
- *1/2 cup miniature marshmallows*
- *3 tablespoons chopped pecans*
- *1/2 cup reduced calorie whipped topping*
- *4 maraschino cherries, halved*

1. Arrange 9 graham crackers in a 9-by-9-inch cake pan. In large bowl, gently stir ice cream until slightly softened. Coarsely crush remaining 9 graham crackers and stir into softened ice cream. Spread mixture gently over graham crackers in cake pan. Cover and freeze while preparing topping.

2. In medium saucepan, combine dry pudding mix, dry milk powder and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat.

3. Stir in vanilla extract, margarine and marshmallows. Drizzle hot mixture evenly over ice cream mixture. Sprinkle pecans evenly over top. Re-cover and continue to freeze for 2 hours or until firm.

3. Let set at room temperature for 10 minutes. Cut into 8 servings. To serve, top each with 1 tablespoon whipped topping and a maraschino cherry half. Makes 8 servings.

• Each serving equals: 191 calories, 3g fat, 7g protein, 34g carb., 199mg sodium, 1g fiber; Diabetic Exchanges: 2 Starch/Carb., 1/2 Fat.

FLASH BACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Name the only disco song to ever receive a Grammy.

2. Kim Wilde had a 1986 hit with "You Keep Me Hangin' On." Who originally released the song?

3. Paul McCartney wrote "Step Inside Love" in 1967 as the theme song for what British TV show?

4. "The Heat Is On" was used in what film?

5. Name the song that contains the opening line: "Do you remember the 21st night of September?"

Answers

1. "I Will Survive," by Gloria Gaynor in 1980. The Best Disco Recording category was only recognized for that one year.

2. The Supremes, in 1966. Both versions went to No. 1 on the Billboard Hot 100. Vanilla Fudge and Reba McEntire also had top 10 covers of the song.

3. "Cilla," a long-running series hosted by singer Cilla Black. The song began as just a verse and chorus for the show, with two more verses added the next year so Black could cut a single.

4. "Beverly Hills Cop" in 1984, sung by Glenn Frey, a founding member of the Eagles.

5. "September," by Earth, Wind & Fire, in 1978. The song topped the soul charts for two weeks. The band went through all the dates — first, second, third, etc. — but said the one that felt best was the 21st.

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Contract Bridge

TWO UNUSUAL PLAYS

West dealer.
Neither side vulnerable.

NORTH
♠9 7 5
♥Q J 3
♦A K 9 8 7
♣8 2

WEST
♠Q 10 4 2
♥5
♦J 6 5 3
♣J 9 6 4

EAST
♠K 8 6
♥K 9 8 7 6
♦4 2
♣K Q 3

SOUTH
♠A J 3
♥A 10 4 2
♦Q 10
♣A 10 7 5

The bidding:

West	North	East	South
Pass	Pass	1 ♥	1 NT
Pass	3 NT		

Opening lead — five of hearts.

It isn't often that declarer comes up with two unusual plays in the same hand to help him make his contract, but here is a case where South did just that to ensure three notrump.

West led a heart, and declarer's first unusual move was to play the three from dummy rather than the queen. East followed with the six, and South won with the ten.

Declarer's play of the three from dummy was a farsighted maneuver. Had he played the queen, East, by ducking, would have made it impossible for South to score more than three diamond tricks.

Next, at trick two, declarer led the ten of diamonds, and after West played low, he let the ten ride! As it happened, the finesse succeeded, and the ten held trick.

The contract was now a certainty. After cashing the queen of diamonds, South led a low heart to the Q-J to establish an entry to dummy. East took the king, but South was then able to collect 10 tricks consisting of a spade, three hearts, five diamonds and a club.

It should be noted that the unusual first-round diamond finesse carried with it a guarantee to make the contract even if the finesse lost. Had East held the jack, he would have won the trick and, let's say, returned either a spade or a club.

Declarer would rise with the ace, overtake the diamond queen with dummy's king and cash four diamond tricks. He would then lead one of dummy's heart honors through East's king to come to nine tricks.

Both of South's opening plays were tailored to assure the contract, regardless of how the adverse diamonds were divided. Nothing was left to chance.

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by Steve Becker

FUN

COUCH THEATER DVD PREVIEWS

BY AMY ANDERSON

There are a lot of happy hearts out there after February 14th. After all, it's one of the most popular days for popping the question, and millions of couples worldwide get engaged on Valentine's Day. And so, Feb. 15 begins the event planning season for many brides and grooms to be. Need inspiration? Look no further than the following films:

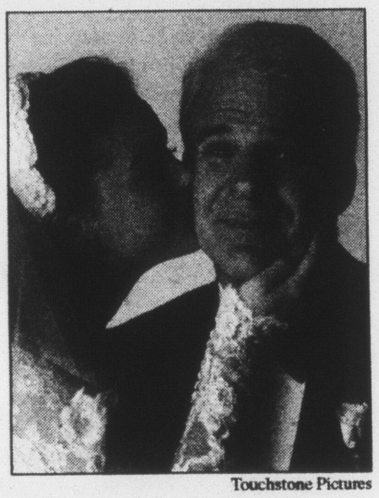
Four Weddings and a Funeral — The British charmer that launched the career of Hugh Grant (himself a British charmer), this untarnished gem features a group of 20- to 30-something friends attending the weddings of friends, looking for love, sometimes finding it and always being humbled by its power. The weddings include a Scottish castle affair, and the funeral will tear the heartstrings from your body.

Crazy Rich Asians — This all-out fantasy rom-com features a regular gal, Rachel Chu (Constance Wu), whose seemingly normal longtime boyfriend takes her East to his best friend's wedding — and to meet his family. The boyfriend is considerate, elegant and, well, crazy rich. Fierce backstabbing females and handsome playboys flank a disapproving mother all set in a backdrop of elaborate ostentatiousness!

Muriel's Wedding — Muriel (Toni Collette) just wants to get married. But she's hindered by an overbearing dad and so much awkwardness. But when she makes friends with a kindred spirit, they move to the big city to live their dream — but will those wedding bells make her heart ring?

Father of the Bride — Steve Martin plays George Banks, a shoe manufacturer whose daughter, Annie (Kimberly Williams-Paisley) is getting married. Simple story, but so sweetly delivered. From Annie's engagement to an over-the-top wedding planner, a mild midlife crisis and more, George learns to let go of his little girl.

My Big Fat Greek Wedding — At 30, Toula worries she's missing her window. She works at her family's restaurant, the Dancing Zorba, and not much else. But as she begins to break out of her shell, she meets a man and falls in love: He's not Greek. The resulting journey of Toula's family accepting him and eventually embracing him is pure comedy gold.



Touchstone Pictures

Steve Martin, Kimberly Williams-Paisley in "Father of the Bride"

Bride Wars — Two best friends (played by Kate Hudson and Anne Hathaway) share a common dream: to be married at New York's Plaza Hotel. Who could have guessed that they'd get engaged at just the same moment? The bigger problem is that there's only one opening! Who will get the day?

Mamma Mia! — On the eve of Sophie's (Amanda Seyfried) wedding, she interacts with three special guests — the three men who could potentially be her father. All were lovers of her free-spirited single mom Donna (Meryl Streep), who runs a bed and breakfast on a gorgeous Greek island. It's a musical, using only the songs of the Swedish super pop group ABBA.

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Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I B U E P Z P V H F U J G Z P V D S P T T

B T I F F Q B O E B Q P S D V Q J O F ?

B O B O J N B M U I B U L O J U T

J U T P X O T X F B U F S T.

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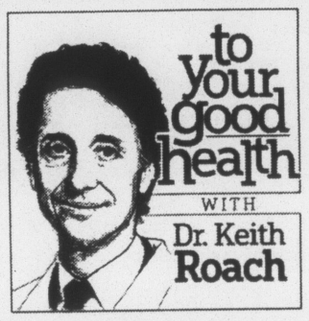

Childhood Vaccinations Still Mostly Effective

DEAR DR. ROACH: I am in my mid-50s and in good health (I don't take any medications). I rarely get sick with colds or flu. I have been vaccinated with all the common vaccinations for our childhood. With all the immigrants coming into our country, I am wondering if any have been given childhood vaccinations in their countries. I fear that chickenpox, measles, etc., could re-enter this country. If so, do our childhood vaccinations still protect us from these diseases? Should seniors be revaccinated or is that harmful at our age? -- *C.S.*

ANSWER: Legal immigrants into the U.S. are required to have all vaccinations as recommended by the Advisory Committee for Immunization Practices.

Undocumented immigrants are more difficult to study, but what data there is suggests that vaccination rates are roughly the same in the countries of origin of many undocumented immigrants as in the United States. In fact, several Central American countries have higher vaccination rates than the U.S. currently.

Analysis of outbreaks of vaccine-preventable diseases have suggested that most of these outbreaks have come from visitors (Americans or foreign visitors) from countries with high levels of ongoing transmission who spread the disease to others during their infectious period. Because there are some communities where there are enough unvaccinated people due to medical reasons, personal choice or ineffective vaccination to allow spread of the disease, there continues to be ongoing infection in the U.S. This is especially true of measles.

People born before 1957 are generally considered to be immune to measles, and the vast majority have had chickenpox. People born between 1963 and 1967 (that might be you) are at risk for having had ineffective measles vaccination, and those at risk should check their immunization status and may need revaccination, especially those in an area near an outbreak.

***

DEAR DR. ROACH: I read your recent column on vaginal estrogen. Based on plants such as soy, bioidentical hormones are a safe solution for older people that provide sexual rejuvenation. You should spread the word! -- *P.F.*

ANSWER: I appreciate your passion, but there are several problems with your statement.

First, the bioidentical female hormone in humans is estradiol, which is available only by a prescription. It remains my choice for women who need hormone replacement, such as women with severe symptoms of menopause (replacement is given by mouth or patch), or for women with atrophic vaginitis (given vaginally, by cream, tablets or ring). It is certainly the most natural option.

Second, phytoestrogens (the soy-based hormones, such as isoflavones and lignans) have chemical structures similar to estradiol, but absolutely are not bioidentical. They have both estrogen and anti-estrogen properties. They may slightly reduce breast cancer risk, probably have no effect on endometrial cancer risk and probably do not increase clotting risk. However, for women with a history of breast cancer, many oncologists recommend against soy protein due to its estrogen activity. Some hematologists warn against these in people with history of abnormal blood clots.

The effect of phytoestrogens on sexual function has been studied, and a 2018 review showed that soy "had no promising effect" on sexual function. Of course, some women will have better effects than others.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Comfort foods

Made fast and healthy

by Healthy Exchanges

Cozy Vegetable Soup

We now have more winter behind us than before us, but it sure seems like a long, long time before we see spring. We need some comforting soup NOW to see us through.

- *2 cups water*
- *4 cups chopped cabbage*
- *1 cup shredded loose-packed frozen potatoes*
- *1/2 cup chopped onion*
- *1 (12 fluid-ounce) can evaporated fat-free milk*
- *3 tablespoons all-purpose flour*
- *1 teaspoon dried parsley flakes*
- *1/8 teaspoon black pepper*
- *2 tablespoons chopped real bacon bits*
- *1/4 cup grated reduced-fat Parmesan cheese*

1. In a large saucepan, combine water, cabbage, potatoes and onion. Bring mixture to a boil. Lower heat and simmer for 10 minutes.

2. In a covered jar, combine evaporated milk and flour. Shake well to blend. Pour milk mixture into cabbage mixture. Mix well to combine.

3. Stir in parsley flakes, black pepper, bacon bits and Parmesan cheese. Lower heat and continue cooking until mixture thickens and is heated through, stirring occasionally. Makes 4 (1 1/4-cup) servings.

• Each serving equals: 169 calories, 1g fat, 11g protein, 29g carb., 328mg sodium, 3g fiber; Diabetic Exchanges: 1 Fat-Free Milk, 1 Starch, 1 Vegetable.

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FLASH BACK POP, ROCK & SOUL TRIVIA

BY MICK HARPER

1. What was Wayne Newton's first No. 1 single?

2. Vicki Lawrence had a single hit. What was it?

3. Who sang the theme song in Clint Eastwood's 1971 film "Play Misty for Me"?

4. What was the original title of "Leaving on a Jet Plane"?

5. Name the song that contains this lyric: "Never been this blue, Never knew the meaning of a heartache, But then again, I've never lost at love before."

Answers

1. "Daddy, Don't You Walk So Fast," in 1972. The song topped the charts on Cashbox and in Canada. Newton has performed over 30,000 shows on the Las Vegas strip.

2. "The Night the Lights Went Out in Georgia," in 1973. Lawrence's successes were more in the television industry, mostly on "The Carol Burnett Show."

3. Johnny Mathis. His 1959 version was the favorite of all the covers at the time.

4. "Babe, I Hate to Go," as written by John Denver. It was Peter, Paul and Mary's version in 1969 that was the bigger hit.

5. "Stand Tall," by Burton Cummings, in 1976. Cummings, former lead singer of The Guess Who, wrote the song after breaking up with his girlfriend of nine years. He still tours, this year all across Canada.

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Contract Bridge

DETECTIVE WORK WORKS WELL

North dealer.
North-South vulnerable.

NORTH
♠A 10 8 2
♥Q 8 5
♦9 4 2
♣J 6 3

WEST
♠Q 6 5
♥J 7 4
♦A K 10 5
♣Q 7 2

EAST
♠—
♥10 9 6 2
♦Q J 8 7 3
♣K 10 8 4

SOUTH
♠K J 9 7 4 3
♥A K 3
♦6
♣A 9 5

The bidding:

North	East	South	West
Pass	Pass	1♠	Pass
2♠	Pass	4♠	

Opening lead — king of diamonds.

Bridge is not what you'd call a guessing game. When you have a problem, there is usually a way to figure out the right answer. There are very few guessing situations in bridge where there isn't at least a smidgen of a clue to steer you in the right direction.

Take this case where South is in four spades and West leads the K-A of diamonds. Declarer ruffs and notes that he will almost certainly lose two clubs, so that to make the contract he must avoid losing a trump trick.

This doesn't look like much of a chore, since the trumps are likely to be divided 2-1, but if South is by nature a cautious soul, he makes allowance for the possibility of a 3-0 trump division. This matter cannot be ignored, since if the spades are actually divided 3-0, the trump loser can still be avoided by initiating the suit correctly.

Thus, if West has the Q-6-5, the lead of the king exposes the situation and wipes out West's potential trump trick, while if East has the Q-6-5, starting the trumps by cashing the ace first similarly overcomes the potential trump loser.

How does declarer resolve the question of whether to play the king or ace first? Obviously, he doesn't just mentally toss a coin; he starts by looking for clues instead.

There is a strong indication that West is unlikely to have a spade void. With the A-K of diamonds and one or two of the other missing honor cards, plus a void in spades as well, he might have overcalled or doubled for takeout at his first turn to bid.

Declarer therefore plays the king of spades at trick three and is rewarded for his caution when East shows out, rendering West's queen worthless.

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by Steve Becker

Puzzles4Kids Answer

What do you get if you cross a sheep and a porcupine?
An animal that knits its own sweaters.

FEB 18 2021

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MIGNOSA'S FRUIT BASKET
138 Granite St.

STAR MARKET
130 Granite St..

WALGREENS
132 Granite St.

FRANKLIN ST. BP
60 Franklin St.

7-11
78 Franklin St.

SHOP N SAVE LIQUORS
20 Independence Ave.

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33 Scammell St.

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25 Scammell St.

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22 Independence Ave.

DAILY MART
291 Quincy Ave.

ROCHE BROTHERS
The Falls

WALGREENS
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WALGREENS
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ARTERY GROCERY
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7-11
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7-11
230 Washington St.

STOP & SHOP
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CVS
Southern Artery

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GRANITE MART
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Copeland St.

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CORNER FOOD MARKET
1060 Hancock St.

200 FOOD MART
200 Sea St.

ADAMS SHORE SUPERMARKET
494 Sea St.

PALMER STREET MARKET
231 Palmer St.

BERNIE'S GENERAL STORE
1147 Sea St.

7-11
721 Hancock St.

BEALE ST. NEWS AND TOBACCO
17 Beale St.

CVS
42 Beale St.

COFFEE BREAK CAFÉ
12 Old Colony Ave.

SUPREME LIQUORS
615 Hancock St.

MULLANEY'S VARIETY
205 W. Squantum St.

STOP & SHOP
65 Newport Ave.

7-11
363 Hancock St.

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324 Hancock St.

SAM'S VARIETY
125 Billings Rd.

LUCKY'S WINE & LIQUOR
66 Newbury Ave.

ATLANTIC MARKET & LIQUORS
247 Atlantic Ave.

CARMINE'S CAFÉ
69 Huckins Ave.

7-11
751 E. Squantum St.

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❑ Enclosed is $ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

COPY: _____

MAYOR THOMAS KOCH said the new public safety headquarters would feature a 600-kilowat solar energy system and a parking garage that could eventually accommodate a fully electric police vehicle fleet. The 267-space garage would include 30 charging stations initially, with infrastructure to add up to 200 more charging stations in the future.

Rendering Courtesy City of Quincy

$120M Sought For Public Safety HQ

Cont'd From Page 2

apparatus now at fire headquarters.

The four parcels the city targeted for acquisition in the area of the police station are 450 Southern Artery, home to a Stop & Shop gas station; 21 Broad St., formerly the Bryan VFW Post and now a recycling center; 12 Field St., where a single-family home is located; and 39 Broad St., which is home to a single-story commercial building.

The city plans to re-use the underground fuel tanks at the gas station to fuel city vehicles, replacing a fuel depot at the Department of Public Works. The parking garage for the new public safety building will be located in the vicinity of the former Bryan Post and purchasing the Field Street parcel will allow the city to create a new road linking Field Street to Broad Street.

The city purchased 39 Broad Street to provide a new home for Father Bill's & MainSpring, which operates a shelter at 38 Broad St. The building at 38 Broad St. will be razed to make way for the new public safety building.

The city also plans to raze the Quincy Animal Shelter at 56 Broad St. The shelter will relocate to a new facility on Quarry Street.

The $32 million appropriation also included $6 million in architectural fees, $2.4 million for environmental efforts and contingency, $1.6 million for the owner's project manager and peer review, $1.5 million for agency coordination, permitting and infrastructure work, and $1 million for demolition and site clearing.

Dr. KERIMA LEWIS

How Quincy Honored A U.S. Navy Hero: The Story Of Leonard 'Roy' Harmon

Thomas Crane Public Library Online Program Feb. 23

Celebrate Black History Month and learn about a fascinating local story.

Leonard "Roy" Harmon was a U.S. Navy sailor killed in the Pacific during World War II. The USS Harmon was the first Navy ship to be named for an African American and was built at the Fore River Shipyard. The story of this sailor and his namesake ship provide a lens to look at the history of African-American service in the Navy, which was notably different from other branches of the armed forces.

The program, entitled "How Quincy Honored a U.S. Navy Hero: The Story of Leonard 'Roy' Harmon" will be held online at 7 p.m. Tuesday, Feb. 23. It will be presented by Dr. Kerima Lewis of Quincy College and Bob Damon, director of Historic and Heritage Resources. It is co-sponsored by Quincy400.

Join on Zoom (meeting ID 881 0177 3256). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Thomas Crane Public Library YouTube channel and on its Facebook page.

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